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TRIED FAVOURITES COOKERY BOOK

WITH

HOUSEHOLD HINTS AND OTHER
USEFUL INFORMATION

BY

MRS E. W. KIRK.

Tenth and Enlarged Edition.
ONE HUNDRED AND THIRTY-SIXTH THOUSAND.

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PREFACE.

THE success which has attended nine editions of TRIED FAVOURITES has abundantly proved that, even in these days when Cookery Books flood the market, and almost every newspaper has its household column, our book of "tried" and proved "favourites" has found its place.

The need for good, nourishing food, well cooked and tastefully served, is the need of all ages. It has been said that they who provide the food of the world decide the health of the world. That being the case, the more knowledge there can be disseminated on such an important subject the better; and the result of long years' knowledge bought by experience cannot fail to help many a perplexed housewife in these days of hurry and high pressure.

As was stated in the first edition, the book does not claim to be original. The idea is, that every housewife has her own special recipes, or tit-bits of household information, the result of practical experience. These tested recipes, gathered from a wide circle of friends, have formed a most useful Cookery Book, as has been amply proved by the success and rapid sale of nine editions.

E. W. KIRK.

Greenhill Gardens, Edinburgh

HANDY MEASURES.

The following table will serve as a guide on ordinary occasions :—

2 Teaspoonfuls	...	equal to	1 Dessertspoonful.
2 Dessertspoonfuls	...	„	1 Tablespoonful.
6 Tablespoonfuls	...	„	1 Small Teacupful.
1 Teacupful	...	„	1 Gill.
1 Breakfastcupful	...	„	$\frac{1}{2}$ Pint.
1 oz. of Dry Substance	...	„	1 Tablespoonful.
1 oz. of Butter or Dripping	...	„	1 Dessertspoonful.
$\frac{1}{4}$ lb. of Flour	...	„	1 Teacupful.
$\frac{1}{2}$ lb. of Flour	...	„	1 Breakfastcupful.
1 sack Flour	...	„	280 lbs.

(Makes about 80 2 lb. loaves).

1 Bushel	...	„	56 lbs.
1 Stone	...	„	14 lbs.
1 Quarter	...	„	$3\frac{1}{2}$ lbs.
16 Quarters	...	„	1 bushel.

A Teaspoon holds a Drachm ; a Tablespoon, $\frac{1}{2}$ oz. ; a Teacup, 5 oz. ; 1 Pint is equivalent to 1 lb. ; a Drop is a Minim.

2 tablespoonfuls water, $\frac{1}{2}$ gill ; 2 tablespoonfuls of solid, 1 gill.

A saltspoonful is a good measure of salt for all custards, blançinanges, etc.

One cupful of milk, for wetting 1 lb. of flour.

One Lemon is about equal to ten drops Essence of Lemon, or to $\frac{1}{2}$ drachm of Citric Acid.

1 oz. 3 penny pieces ; $\frac{1}{2}$ oz. 1 penny piece and 1 half-penny piece ; $\frac{1}{4}$ oz., 1 threepenny piece and 1 half-penny piece.

GOLDEN RULES FOR THE KITCHEN.

Without cleanliness and punctuality good cooking is impossible.

Leave nothing dirty ; clear as you go.

A time for everything, and everything in time.

A good cook wastes nothing.

An hour lost in the morning has to be run after all day. Haste, without hurry, saves worry, fuss, and flurry.

Stew boiled is stew spoiled.

Strong fire for roasting, clear fire for boiling.

Wash vegetables in three waters. Boil fish quickly, boil meat slowly.

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TRIED FAVOURITES COOKERY BOOK.

SOUPS.

A thick soup should be about the same consistency as cream, but a clear soup can never be too transparent. To obtain this transparency, begin to skim directly it begins to boil, and skim until no scum remains. $\frac{1}{2}$ teaspoonful salt added as soup comes to boil, also a cup of cold water thrown in when it boils, make scum rise more freely. Add ketchup at last moment, as boiling dissipates the flavour. In hot weather, soups and gravies, if kept from day to day, should be warmed every day, and kept in cool larder, in freshly-scalded tureens. If stock is to be kept several days, leave fat on till ready to use.

Stock boiled with vegetables is more apt to turn sour than when made from meat alone. Broth will keep longer fresh if a cauliflower has been one of the vegetables used. Soyer says a little vinegar and brown sugar should be added to all vegetable soups. Before serving clear soup, add a lump of sugar. This improves its appearance. Boil soup steadily but not too rapidly, or vegetables will harden and the nourishment be kept from flowing out into water. To skim soup; if cold, dip spoon in warm water and skim; if hot, with paper drawn over top.

When there is no time to boil meat, bones, &c., and stock is wanted, take 2 tablespoons Plasmon powder, add gradually 2 breakfast cups tepid water. Stir till it boils, add large pinch of salt, and boil 2 minutes.

To remove acidity from soup, put soup in pan to boil, add $\frac{1}{2}$ teaspoonful carbonate of soda, boil a minute. Skim carefully and serve. It is not so delicate in flavour, but quite fit for use.

Almond Soup.

2 oz. of Almonds, $1\frac{1}{2}$ pint of new Milk, $\frac{1}{2}$ pint of Cream, 1 tablespoonful of Flour, 1 Onion, 1 root of Celery, 1 oz. Butter.

Blanch and chop almonds small; boil gently 1 hour in a pint of milk with onion and white part of celery; take out onion and celery; mix flour and butter together; add $\frac{1}{2}$ pint of milk, a little Cayenne pepper, mace, and salt; stir soup on the fire till it has boiled a few minutes, add cream, and when it boils serve immediately.

Artichoke Soup.

1 lb. Artichokes, 1 pint Milk and Water.

Pare and put into milk and water immediately, or they will turn black. Boil till soft, then pass through wire sieve. Put back in pan, add a little more milk, a little salt, and small piece of butter. Stir with wooden spoon till boiling, and boil for 7 minutes.

Austrian Soup.

1 lb. Brown Beans, 2 oz. Pearl Barley, 3 large Onions, 6 Cloves, 6 whole Pimentos, 1 lb. Carrots, about 12 outer stalks of Celery.

Soak beans overnight, brown cut onions in 1 oz. butter, cut carrots and celery fine, and put all to boil in 4 quarts of water. Boil 4 hours, then rub through sieve. Add chopped parsley, marjoram, pepper and salt to taste.

Baked Soup.

(Especially useful when many pans are about, and room on stove is an object.)

Put bones into an earthenware jar with some onions and a shallot with their brown skins, a carrot and small turnip, teaspoonful salt, few peppercorns, blade of mace, small bunch of herbs, and a bay leaf. Cover well with water. Place a plate on top, tie stout paper over, and bake in a moderate oven for 7 hours. Strain while hot. Use next day with any garnish liked.

Cream of Barley Soup.

1 Teacupful Barley, 1 oz. Butter, 1 Onion, $\frac{1}{2}$ pint Milk, a small bit of Mace, 2 yolks of Eggs, a small bit of Cinnamon, 2 quarts White Stock.

Wash barley, and put it in a saucepan with the stock. Add onion, mace, cinnamon. Simmer for 3 hours. Strain, and rub through sieve. Return the stock to saucepan to boil. Add butter, beat yolks and milk together, and add soup to them gradually. Remove the saucepan from the fire, and pour the warmed yolks among the soup. Add seasoning, and serve.

Bone Soup.

Bones Cooked or Uncooked, but it is better not to mix raw and cooked bones.

Break them and put in saucepan with $1\frac{1}{2}$ pints cold water to every 1 lb. of bone. Boil 4 hours at least. Strain. Then put in carrot, turnip, and onions, cut small; parsley, herbs, and $\frac{1}{4}$ lb. rice, pepper, salt. Boil another hour.

Bone Stock.

All kinds of Meat, Scraps, Cooked or Uncooked Bones (if Liver or Kidney or Rabbit head, soak well in salted water to draw out blood). All kinds of herbs and vegetables, except potatoes (no flour, to keep stock clear). 1 quart cold Water to 1 lb. of Bones, Salt, and Pepper.

Bring quickly to boil with lid off. Skim thoroughly and simmer very slowly all day and even all night. Strain.

Bread Soup.

2 Quarts good Stock, 6 oz. Crusts of Bread, 4 tablespoonfuls Cheese (grated), 2 Eggs, and half a Nutmeg (grated).

Bring stock to boil. Add bread, cut into small pieces. Break 2 eggs into tureen and beat well. Add to this the cheese grated and nutmeg. Then add soup gradually, stirring well all the time. Season with salt and pepper, and serve hot.

Broth (Scotch).

3 lb. Neck of Mutton or runner of Beef; 5 quarts cold Water; teacupful Pearl Barley, well washed in cold Water; Vegetables. A nice fresh Marrow Bone makes as good Broth as either Beef or Mutton.

When water is hot, put in beef and barley. Let water boil, then throw in 1 teaspoonful salt. This causes scum to rise. Skim. Add 1 small turnip or $\frac{1}{2}$ large, cut into dice; 3 leeks cut small, 1 small carrot cut into dice, dessertspoonful of moist sugar, pepper and salt to taste. Let boil a few minutes after vegetables are added, with lid

off. If lid is left on certain salts in vegetables cannot escape in steam, and some persons will find broth disagree. Some people add a cabbage, but must be young and fresh. Never add onions, they have too strong a flavour. $\frac{1}{2}$ hour before ready add 1 carrot grated, and, if possible, a good tablespoonful minced parsley. Cook very thoroughly and slowly, and be careful to skim now and again. Attention to this makes such a difference to flavour. Boil 3 hours, taking the meat out when cooked 2 hours, and reheating at the last. Lift meat to hot dish. Put a little broth round beef, and serve. If broth is for persons of weak digestion, scald vegetables before adding to broth, by covering them for 10 minutes with boiling water.

Broth (Sheep's Head).

1 Head and Trotters thoroughly cleaned and soaked all night in salt and water. Scrape them again next morning, pour a kettleful of boiling water over, and let soak for $\frac{1}{2}$ hour. Put in pot, with 5 or 6 quarts cold Water, a teacupful of Barley, do. of Peas, Turnip cut in squares, Carrot sliced, Leeks or any other vegetables desired.

Boil for 3 or 4 hours, season with pepper and salt. Serve broth in tureen, and head and trotters on ashet, garnished with pieces of turnip and carrot. The head may be sprinkled with a few brown bread crumbs and minced parsley, and browned a few minutes in oven.

Force-meat Balls may be made by mixing the tongue and brains with an equal quantity of fine bread crumbs, pepper and salt, a little minced parsley, and 1 egg.

Broth (Vegetarian).

Put into a pan 2 quarts of water, $\frac{1}{2}$ teacupful of rice or barley; let it boil; add a small quantity of mixed vegetables, such as lettuce, carrot, turnip, parsnip, leeks, celery, parsley, and peas; wash and cut the vegetables small; add 1 carrot grated, and simmer for four hours; season with pepper and salt.

Brown Soup.

1 lb. Shin of Beef, 1 Carrot, 1 Turnip, 1 Large Onion, 1 Teaspoonful each of Flour, Sugar, and Butter, 6 pints Water, Pepper and Salt.

Put the sugar, flour, and butter in pan and brown well. Have meat and vegetables cut in very small pieces, and along with bone fry for about 10 minutes, turning constantly with spoon, add water, and as it comes to the boil, skim well. Let boil gently for 3 hours, strain and return to pot, add pepper, salt, and thicken with vermicelli, custard cut small, or anything you like.

Brown Celery Soup.

1 head Celery, 4 Potatoes, and 1 Carrot (all cut in small pieces), 1 Spanish Onion, and 2 quarts Water.

Chop the onion small, and fry in butter till brown. Add to the water, and boil for 15 minutes, then strain out the onion. Add the vegetables, and boil 1 hour, seasoning with pepper and salt.

Carrot Soup.

2 bunches young carrots or one, if large; cut in small pieces. Put in pan with 2 oz. butter, a little sugar, salt, and pepper. Put lid on and cook 15 minutes. Add a bay leaf, sprig of parsley, piece of thyme, small onion, and a quart good stock. Boil gently 1 hour. Add 2 tablespoonfuls rice and cook till tender. Pass all through sieve. Add 1 gill cream and heat thoroughly.

Celery Soup.

1 head Celery, 1 piece of Butter (size of an egg), 2 pints Water, a little Salt and white Pepper, 1 yolk Egg, 1 gill Milk or Cream.

Put celery into pan with butter melted beforehand, and stir till every piece of celery is covered with butter. Pour on the water, add salt and pepper, and boil (without a lid on the pan) till celery is quite soft. Skim well from time to time as the froth rises. When celery is soft, rub all through a sieve. Return soup to pan and stir till boiling: Have ready the egg and cream mixed, and pour the boiling soup on this.

This soup is specially good for rheumatism and neuralgia.

Chestnut Soup.

Chestnuts, $1\frac{1}{2}$ lb. stewed nearly 1 hour; Stock, 2 quarts; Seasoning, Salt, Mace, and Cayenne Pepper.

Strip the outer shield from some fine, sound, Spanish chestnuts; throw them into a pan of warm water; and as soon as it becomes too hot for the fingers to remain in it, take from the fire, lift out chestnuts, peel them quickly, and throw them into cold water as they are done; wipe and weigh them; take $\frac{3}{4}$ lb. for each quart of soup, cover with good stock, and stew gently for $\frac{3}{4}$ hour, or until they break when touched with a fork. Drain and pound them smoothly, and rub through a fine sieve, reversed. Mix them by slow degrees with proper quantity of stock. Add sufficient mace, cayenne, and salt to season the soup, and stir it often until it boils. $\frac{3}{4}$ pint of rich cream, or even less, will improve it greatly. The stock in which the chestnuts are boiled can be used for the soup, when its sweetness is not objected to, or it may in part be added to it.

Children's Soup (Good).

$\frac{1}{2}$ lb. Mince, 1 large Spanish Onion, $\frac{1}{2}$ teacupful Rice, Salt and Pepper.

Break mince thoroughly into 4 breakfast cups of cold water; add onion chopped small, and boil $1\frac{1}{2}$ hours. Then add rice and salt and pepper, and boil $\frac{1}{2}$ hour longer.

Clear Soup.

2 or 3 lb. Shin of Beef, 1 Turnip, 2 Carrots, Leek, and a little Celery.

Cut meat off bones, and take out the marrow. Put bones and meat in pan; cover with cold water, and bring slowly to boil. Skin well. When it boils, put in the vegetables and some egg shells, and a few peppercorns, tied in a bit of muslin. Draw pan to the side, and let it simmer for 5 or 6 hours; do not put the lid on. Strain through a dish napkin. Care must be taken that it does not boil quickly, or it will look muddy.

Coburg Soup.

Vegetarian.

Brown 2 sliced onions by frying in 1 oz. butter, a teaspoon flour, and saltspoon sugar. Put in pan with two carrots, small parsnip, Spanish onion, sprig lemon thyme, $\frac{1}{2}$ lb. cooked haricot beans, and 3 pints water.

Boil slowly for $1\frac{1}{2}$ hours. When vegetables are soft, mash through colander; return to pan, and when it boils up, add $\frac{1}{2}$ pint milk, $1\frac{1}{2}$ oz. flour, and $1\frac{1}{2}$ oz. butter mixed carefully together. Cook for 7 minutes, and serve. Parsley may be added, if liked.

Croutons for Soup, &c.

Cut some bread $\frac{1}{4}$ inch thick; stamp out in rounds. Put $\frac{1}{4}$ lb. butter into a pan, and melt; pour off the top into a frying pan, and make it a light brown. Throw in the bread, and fry a golden colour. Drain on soft paper, and serve.

Curried Vegetable Soup.

1½ oz. Butter, 1 large Onion, 2 large Apples, or Rhubarb, or Green Gooseberries, 2 oz. Carolina Rice, 1 tablespoonful Curry Powder, 1 teaspoonful Curry Paste, 1 tablespoonful Vinegar, 1 Carrot, Turnip, white of 2 Leeks, 1 stick Celery, sprigs Parsley, Thymo, and Marjoram, Bay Leaf, Salt, Pepper, squeeze Lemon Juice, 2 or 3 tablespoonfuls Cream (may be left out), 2 quarts Water.

Wash and cut up vegetables roughly; scald, dry, and chop onion; peel, core, and chop apples. Boil rice as for curry; melt butter in pan, and fry onions and apples, not too brown; add curry, and mix well, then vegetables. Toss a little, then add rice and vinegar. When fat is completely absorbed, add water and seasoning. Simmer 2 hours, till vegetables are quite soft and pulpy; strain through wire sieve, rinse pan, and return and warm up. Season again. If required, add lemon juice and cream; or cream may be put in tureen.

Fish Soup (1).

Bones, Skin, Head, and Fins of any fish. Milk, Parsloy, Cornflour, Curry Powdor, Pepper, and Salt to taste.

Boil fish in wator for over an hour, strain and measure the liquid. Add an equal quantity of milk, thicken with cornflour, flavour with curry powder (if liked), pepper, and salt to taste. Bring to the boil, and just before dishing fling in a handful of chopped parsley.

Fish Soup (2).

Procure head and shoulders of Cod, and a small Fish. 2 Carrots, 1 Turnip, 2 Onions, 2 sticks of Celery, 1 Parsnip (if liked), $\frac{1}{2}$ pint Milk, Butter (size of an egg), a few Cloves, and a little Mace, 2 tablespoonfuls Flour. Pepper and Salt to taste.

Pick fleshy pieces from the cod and lay aside. Put all the rest in pot, with 2 quarts of water (cold), and all the vegetables cut up. Boil 2 hours and strain. Add butter, milk, pepper, and salt to taste, and thicken with the flour, adding the fleshy pieces of fish, and boil 5 minutes, with minced parsley to flavour it, if desired. Serve hot.

Forcemeat Balls for Soup.

1 oz. finely minced Suet, 2 oz. Bread Crumbs, a little Lemon grated, do. Nutmeg, Salt and Pepper, a little Parsley, do. Thyme, and as much beaten Egg as is necessary to moisten.

Form into balls. Drop into boiling water for 5 minutes to poach them. Then add to soup.

Fruit Soup (German Recipe).

Fruit of any kind is used for this, but Black Currants and Rasps preferred. (To have this soup for winter, preserve the fresh fruit, hermetically sealed.)

Take 16 lb. of fruit, 2 quarts of water, 2 lb. sugar, bring to boil and simmer for 20 minutes. Put into wide-mouthed jars thoroughly heated, filled to the very top, and sealed at once. When wanted for use, empty a jar into enamelled pan with a little more water, boil for a few minutes, bruise well through colander, put back to pan, add a little cornflour and sugar to taste, when boiling. This is nice with

milk or cream. For seals—American cloth cut to size, covered with a mixture of resin, bees' wax, and mutton fat, hot.

Economical Soup.

Most excellent for a brown soup made of vegetables only, it might be used for soup kitchens but is really tasty and rich enough for any dinner table. Take two good-sized onions, peel them, and cut them into small pieces; put into your stewpan about 2 oz. butter or very good dripping; when melted put onions in, cover the pan, and let them cook for an hour. The steam will prevent their frying. Then pour in by degrees the liquor in which a cauliflower has been boiled; put in any pieces of stale bread you may have, add a little pepper and some bacon rinds, but no salt, as enough has already been used in cooking the cauliflower. Simmer for at least an hour; then pass through a hair sieve, crushing bread and onions with a wooden spoon. If it is too thin, boil some time longer to reduce it; then pour it into the soup tureen, adding a very little milk. This should be a delicious soup, and no one could possibly guess what it was made of.

Game Soup.

1 lb. Game Bones, 1 Onion, 1 oz. Cornflour, 1 quart Water, 1 teaspoonful Peppercorns, 1 teaspoonful Salt, 1 dessertspoonful Yorkshire Relish, 1 teaspoonful of Browning.

Break the bones up with a chopper, place them in a saucepan, pour over the water, and bring it to boiling point. Skim well, peel, scald, and add the onion; also salt and pepper. Cover the saucepan, draw it on one side of the fire, and simmer gently for 1 hour. Strain the liquid, and return to saucepan, and again allow it to boil. Place in a basin cornflour, Yorkshire relish, and browning; mix well, pour all into saucepan; boil gently 2 minutes, and soup is ready.

Hare Soup (1).

Take a hare, skin and cut it up; be careful not to break the inside; put in your hand and take out the lungs; hold the hare over a basin to catch the blood; cut it up in pieces; take all the bones out, and lay the fleshy parts aside. Put all the bones into a pot, cover well with water, add turnip, carrot, stalk of celery, a few onions, and boil, if a young hare, for 1½ hours. Pour the blood through a hair sieve, add some water, and put it into a stewpan; then stir it one way till it boils. Take out bones, bruise vegetables well through a sieve, and add the blood which has been already boiled. Cut the flesh into small pieces, and put in with the rest into the pot, and boil all together, stirring well, for 1½ hours. Mix up seasoning— $\frac{1}{4}$ lb. of flour of rice, 1 tablespoonful flour, 2 tablespoonfuls ketchup, pepper and salt, and a little browning; mix with water, add to soup in pot, and again stir till it comes to the boil. (Many add a shin bone to stock, and a slice of bread and butter added is an improvement.)

Hare Soup (2).

Skin hare, and carefully preserve the blood. Wipe with a damp cloth, and cut off all fleshy parts, which put away till next day. Cut up remainder of hare, and put it in pot with cold water, and when boiling add all sorts of vegetables, and tablespoonful peppercorns. Boil all day, and strain. Next day, take 4 oz. butter, and when hot, brown the pieces of hare slightly in this (cut up in little bits). Don't

let them get hard. Add a little of the stock, and simmer 40 minutes. Add blood, and stir one way till it boils. Add to stock which you have ready boiling, thicken with flour, or a teacupful ground rice, and season with salt and a little cayenne.

Hare Soup (Vegetarian).

Celery, Turnip, Carrot, Onion, German Lentils, 1 lb. of each, 2 oz. Butter, Jamaica Pepper and Salt to taste, 3 quarts Water.

Soak lentils for 24 hours. Cut down turnip, carrot, and onions, and put into a pot with the butter. Toss and stir about in the pot over a brisk fire for about 15 minutes, but do not permit vegetables to brown. When boiling, put in lentils drained from the water in which they were soaked. Boil soup slowly for 3 hours, then put through a hair sieve, rinse out pot, put soup back again into it, add $\frac{1}{2}$ teaspoonful Jamaica pepper broken in a little water; also salt to taste. Serve in hot tureen, with forcemeat balls or sippets of toast.

Haricot Bean Soup.

1 lb. Beans, 2 Onions (Spanish), 1 Turnip, Celery, 2 oz. Dripping, 1 pint Milk, Pepper and Salt, 2 quarts Water, a little Mace, Parsley, Tomatoes.

Soak beans 24 hours, drain. Boil gently in 2 quarts of water, with mace, vegetables cut small, pepper and dripping, for 3 hours. Rub through wire sieve with wooden spoon. Add milk, salt, and a little minced parsley, and bring nearly to the boil again. Serve hot. Salt hardens the beans, therefore this must be added last. A half tin of tomatoes boiled with them the last $\frac{1}{2}$ hour is a great improvement. In this case, the milk is not required.

Hotch Potch.

3 lbs. Neck of Mutton or Lamb, 6 young Turnips, 6 young Carrots, 6 young Onions, $2\frac{1}{2}$ quarts Water, 1 Lettuce, 1 Cauliflower, 2 pints Green Peas, 1 handful Parsley, Salt.

Put rather more than half of meat in pot when water is hot. Add salt, and when water boils skim carefully. Boil 1 hour, then add remainder of meat cut in small chops, also turnips and carrots cut in dice, also onions cut small, and half the peas. Boil $\frac{1}{2}$ hour longer. Chop up lettuce, divide cauliflower in sprigs, chop parsley, and add to soup with rest of peas. Boil another $\frac{1}{2}$ hour. Season. Dish up mutton on ashet with chops round, keep hot, and serve Hotch Potch in tureen.

Hough Soup.

2 lbs. Hough, (Shin of Beef), 4 pints Water, 2 Onions, Salt and Pepper.

Take marrow from bone, and place in pot. When hot, put in meat cut small, and simmer 5 minutes, stirring occasionally. Add water and onions cut small, and boil 3 hours. (This same recipe without the onions and a knap bone added makes good potted meat.)

Italian Soup.

$\frac{1}{2}$ lb. each of Turnips, Carrots, Onions, $\frac{1}{4}$ lb. Macaroni, 1 small Beetroot, 1 oz. Parsley, 2 oz. Butter, 2 quarts Water, 1 pint Milk.

Slice vegetables (except the beetroot), boil them in the water; break the macaroni small and boil it in the milk. When the vegetables and macaroni are cooked, mix them, add parsley and beetroot previously boiled and cut small, butter and seasoning. Heat thoroughly, and serve.

Julienne Soup (1).

4 young Carrots, 2 Turnips, 2 stalks Celery, $\frac{1}{2}$ Parsnip, 1 Leek, 1 Onion, 1 Cabbage leaf, heart of a small Lettuce, handful young Peas, some Asparagus tops, and a few very small sprigs Cauliflower.

Cut vegetables very finely. Put 1 oz. butter in pan. Throw in leeks and onions, and toss about a few minutes over a moderate fire, add the other root vegetables, with a little sugar and salt, cook a few minutes; then pour in 1 quart hot stock. As soon as it boils up, add rest of vegetables, and cook till done (about 20 minutes). Break into little pieces a few leaves chervil, put them into the tureen, skim the soup, and serve. (Peas and asparagus have often to be left out.)

Julienne Soup (2).

2 pints Stock, small piece Carrot and Turnip and green of Leek, Pepper and Salt, whites and shells of two Eggs.

Place stock on fire, with whites and shells, whisk steadily till froth rises. Boil up and draw aside. Repeat this two or three times. Let it stand 15 minutes, covered closely. Strain through jelly cloth, re-heat and add the vegetables, which have been boiled separately to preserve the colour, for 15 minutes.

Kidney Soup (1).

1 Ox Kidney, 3 quarts good Stock, made with Bones, Carrot, Turnip, and Onions, Pepper, Salt.

Wash kidney well, and put into pan with 1 pint water, and parboil for 10 minutes; then pour away the water, which is useless; cut up kidney into small pieces and put into the stock and boil slowly 2 hours. Mix for thickening, 1 tablespoonful cornflour, 2 tablespoons flour, 2 ditto ketchup, and a little browning into $\frac{1}{2}$ pint of water; add to soup, with pepper and salt, and stir till it boils.

Kidney Soup (2).

1 Ox Kidney, 1 tablespoonful Bovril, 2 Carrots, 2 Spanish Onions, Pepper and Salt, 1 oz. Roast Dripping, 3 quarts boiling Water.

Remove all fat from kidney, cut in slices, and flour it well. Put it into a pot with the dripping, stirring till well browned. Then add the boiling water and onions, cut in quarters, and pepper and salt. Let all simmer 3 or 4 hours. Skim off the fat, add the carrots, grated, and the bovril, and serve hot.

Kidney Soup (Mock).

$\frac{1}{2}$ lb. Liver, 2 Onions, 2 tablespoonfuls Flour, 1 tablespoonful Dripping, Salt and Pepper, small Bone, small bit of Carrot and Turnip.

Boil the bone with carrot and turnip in 9 breakfastcupfuls water for 3 hours, then strain. Wash the liver thoroughly, dry it, and cut it up in very small bits. Chop up the onions. Put the dripping in a saucepan to melt and get quite hot. Put in the onions, and fry them yellow, also fry the liver till it looks a light colour; then add the flour, and mix well. Put all in saucepan till it looks brown, then add stock, 1 teaspoonful salt, and a little pepper and ketchup. Stir well till it boils. Put on lid, and simmer for 2 hours. Add salt to taste, and serve.

Kidney and Tomato Soup.

1 Ox Kidney, 1 oz. Butter, 1 tablespoonful of Flour, 1 small Carrot, 2 pints Water, 1 tin Tomatoes, 1 teaspoonful Salt, $\frac{1}{2}$ teaspoonful Pepper, Turnip and Onion, 1 squeeze Lemon Juice, 1 pinch Sugar.

Melt butter in pan, cut kidney into small square pieces, keeping

back all fat, &c. Mix flour, pepper, and salt together on plate, and toss kidney in it. Put kidney in pan with the melted butter, and stir till nicely browned. Pour on water, and let it simmer for $1\frac{1}{2}$ or 2 hours. Skim frequently and stir often, to keep it from sticking to the pan. Put the tomatoes into a pan with the other vegetables and salt, sugar, and lemon juice, and cook till tender. Rub all these through a sieve, and add to kidney, and stir till boiling.

Leek Soup.

1 lb. Potatoes, thinly sliced; 4 good sized Leeks, cut in slices of 2 inches thick; 1 stick of white part of Celery, cut into dice.

Melt 2 oz. dripping in pan. Stir potatoes, leeks, and celery in this with a wooden spoon for 5 minutes, but do not brown. Sprinkle over vegetables $\frac{1}{2}$ teaspoonful pepper and teaspoonful salt. Add 2 pints stock or water. Simmer gently $1\frac{1}{2}$ hours. Cut small dice of toast, put into tureen, and pour soup over.

Lentil Soup (1).

$\frac{1}{2}$ pint Lentils (Egyptian), a good sized Onion, Pepper, Salt, 1 pint Milk or Stock, Flour, and $\frac{1}{2}$ teaspoonful of Curry Powder.

Soak lentils previous night. Boil them and onion in sufficient water to cover them, till tender, and pass through sieve. Thicken the milk with flour, and add to the lentils with salt, pepper, curry powder, and a lump of sugar, and bring all to the boil and serve hot.

Lentil Soup (2).

1 lb. Lentils soaked overnight, 1 Carrot, 1 Turnip, 1 Onion or 2 Leeks, Dripping size of an egg, 10 breakfastcupfuls cold Water, a small pinch of Carbonate of Soda.

When boiling, add vegetables, roughly cut up. Boil for 2 hours, then strain, and return to pot. Add pepper, salt, a little chopped parsley, and a little vinegar just before serving. Serve with sippets of toast.

Lentil Soup (White).

$\frac{1}{2}$ lb. Split Lentils, 2 stalks Celery, 2 sprigs Parsley, 1 Onion, $1\frac{1}{2}$ oz. Butter, $1\frac{1}{2}$ oz. Flour, $\frac{1}{2}$ pint Milk, $\frac{1}{2}$ pint Cream, 3 pints cold Water, small blade Mace, 8 white Peppercorns, Salt and Pepper.

Wash the lentils well in several waters, then put on to boil with the cold water. Skim well as the soup comes to the boil, then add the celery, mace, parsley, onion, and peppercorns. Boil rather quickly $1\frac{1}{2}$ hours. Pass soup through a hair sieve. Put the butter and flour into a small saucepan, rub over the fire with a wooden spoon; add the milk, a little at a time, and stir one way until it boils and thickens; then add a little of the strained soup. Put the thickening and the rest of the soup (smoothly mixed) into a clean saucepan and bring to boil. Just before serving add the cream, pepper, and salt. Serve with sippets of fried bread.

Spring Lentil Soup.

Put 1 oz. butter or dripping in large pan, add $\frac{1}{2}$ lb. onions sliced, and simmer with lid on over gentle heat for 15 minutes. Add $\frac{3}{4}$ lb. well-washed lentils and 3 pints water, salt and pepper. Simmer gently for 2 hours, put through sieve, and return to pot. When boiling, add thin slices carrot and turnip no thicker than a sixpence. Boil $\frac{1}{2}$ hour longer. Then add a few green peas and some chopped parsley and boil 15 minutes.

Lentil, Pea, Barley, and Rice Soup.

1 teacup each of Lentils, Split Peas, Barley, and Rice.

4 quarts stock or water, and 1 oz. of dripping, a carrot and turnip, grated, and 1 Spanish onion, minced finely. Boil 3 hours.

Lentil and Rice Soup (very nourishing).

½ teacup of Lentils, ½ teacup Rice, 2 quarts Water, 2 Onions, chopped fine, 1 Carrot grated, 2 tablespoonfuls minced Parsley, Salt and Pepper.

Soak lentils 24 hours, after washing them well. Boil lentils, add vegetables and rice, and boil all 1½ hours. Add salt and pepper. A little mutton boiled in it, or stock added, is an improvement.

Liver Soup.

To 3 lbs. ox-liver add 2 quarts water. Cut the liver in slices and brown with an onion. Then add the cold water, bring to the boil, and simmer slowly for 6 hours. Strain, put back to pot, thicken with a little flour, season with pepper and salt, and boil for 1 hour. No one will know it from ox-tail soup.

Soup Maigre.

3 Leeks, 4 Potatoes, 1 oz. Butter, 2 pints Water, 1 pint Milk, ½ teaspoonful Salt, ¼ teaspoonful white Pepper, 1 tablespoonful Sago or Tapioca.

Prepare vegetables, and let them lie in water for 1 hour. Cut into small pieces, using only the white of the leeks. Put into a clean saucepan ; add the water, butter, and salt. Bring to the boil without the lid on, stir and skim. Then boil quickly with the lid on, till the vegetables are soft enough to go through a wire sieve. Return to the pan with the milk, and stir in very gradually the tapioca, and continue stirring till the tapioca is cooked. Boil quickly for 10 minutes. A little cream may be added before serving, or an egg beaten up in the tureen. Throw in a tablespoonful of nicely chopped parsley. Stir it until it is well mixed, but do not allow it to boil.

Macaroni Soup.

4 ozs. Macaroni, 1 quart new Milk, 1 quart Water, 1 large Onion, and 1 oz. of the crumbs of stale Bread.

Soak macaroni 2 hours ; put it into the milk and water, when boiling ; add the bread, onion, and salt, and boil all slowly till quite soft ; rub it through a sieve, reversed ; return to the pan, adding more seasoning, and either ¼ pint of cream or ounce of butter ; boil a few minutes, and serve with toasted bread.

Milk Soup.

1½ pint Stock, made from Bovril (½ teacup to 1 pint boiling Water); 1½ lb. Potatoes, 2 Onions, 1 Carrot, 1 Bay Leaf, a little Celery when in season, ½ pint Milk, Salt and Pepper.

Clean vegetables, and cut up potatoes and celery to small pieces. Leave carrot in large pieces—only wanted to flavour—then remove. Bring stock to boil ; add vegetables and seasoning, and simmer gently till vegetables are tender—about 1 hour. Remove carrot and bay leaf (the latter would discolour soup, which is wanted white). Pass through sieve, and return to pan. Add milk ; bring to boil, and serve with red bread crumbs and chopped parsley on top.

Mulligatawny Soup.

1 quart Stock, 1 oz. Ham, 1 oz. Butter, 1 teaspoonful Curry Powder, $\frac{1}{2}$ teaspoonful Curry Paste, 1 Turnip, small piece Carrot, 1 small Apple, 1 tablespoonful Flour, squeeze Lemon Juice, Pepper and Salt.

Cut the onion in rings and the ham into small dice. Make the butter hot in the pan the soup is to be made in. Fry the onion and ham, and when brown add the vegetables (cut in small pieces), the curry powder, paste, and stock. Let all simmer 1 hour, then strain through a hair sieve. Mix a tablespoonful flour with cold water, stir into the soup, and keep stirring till it boils.

Mushroom Soup.

1 lb. Mushrooms, 1 pint Stock, 1 pint Milk, Salt, and Pepper.

Cut your mushrooms in squares, and boil until tender; before dishing, add a bit of butter, and thicken with arrowroot.

Ox Tail Soup.

An Ox Tail, 2 oz. Dripping, 2 oz. Flour, 3 Onions, 1 Carrot, 1 Turnip, Tops of Stalk of Celery, a little Thyme (either dried or fresh), Pepper and Salt, 3 quarts Water.

Cut tail in pieces. Slice onions, and cut carrot and turnip into dice. Put dripping in frying-pan, and stir in flour as dripping melts. Then put in vegetables and stir for 5 minutes. Add meat, and fry for 10 minutes, stirring occasionally. Turn all into pot and simmer 3 hours, skimming well. About an hour before serving put in shreds of celery, thyme, pepper, and salt.

May be strained and thickened with 1 tablespoonful flour. Serve small pieces of tail in the soup, and, if liked, add a little Yorkshire relish at the last.

Oyster Soup.

(Made from a Cod's Head for Stock.)

For 1 pint of white stock, put head into saucepan with enough cold water to cover, 1 teaspoon salt, small piece carrot, turnip, onion, parsley, 12 peppercorns, 1 blade mace, and 2 cloves. Boil for 2 hours; strain stock; let it stand for 2 hours. Remove all fat, and it is ready for use.

Now take 1 gill oyster liquor, 1 tablespoonful cornflour, a little salt, 1 gill milk, 1 pinch pepper (cayenne), 1 squeeze lemon juice. Put white stock and oyster liquor over the fire to get hot. Mix pepper and milk, and stir over the fire till boiling. Add lemon juice, and 12 oysters. Do not let soup boil after oysters are added. Serve with dice of fried bread, handed separately.

Palestine Soup.

2 lb. Jerusalem Artichokes, 2 quarts of Milk, 1 oz. of Butter, the yolks of 2 Eggs, and 5 tablespoonfuls of Cream.

Pare the artichokes, and boil them in water till perfectly soft; rub through a wire sieve; and pulp into pan with the milk and fresh butter, season with white pepper and salt; stir on fire until it boils, and then stew gently till of the consistency of common pea soup. Beat the yolks of the eggs now with cream, put them into the tureen; pour in the hot soup, and stir till well mixed. Serve immediately.

Parsnip Soup.

Cut 2 small parsnips in pieces, boil till tender, pass through a sieve, and return to the water in which they were boiled. Make .

thickening of 2 tablespoonfuls flour and $\frac{1}{2}$ pint milk. Stir in when the soup boils. Season with sugar, pepper, and salt, according to taste.

Pea Soup.

1 lb. Split Peas, 2 oz. Dripping, a piece of Carrot, piece of Turnip, an Onion, a little minced Parsley, Salt, and Pepper.

Wash peas well, and soak overnight with a small piece of soda. Put on to boil with 3 quarts cold water and the dripping. When boiling, skim well, and add onion, cut in small pieces. Boil for 3 hours, strain and return to pot, add the grated carrot and turnip, minced parsley, and pepper and salt. Bring again to the boil. Serve with sippets of toast. A little milk and teaspoonful curry powder may be added. A little milk or cream gives a nice fresh flavour to any soup. Good made from ham or roast beef bone.

Green Pea Soup.

Put in pan 1 oz. butter. When melted, add 1 sprig of mint, and $\frac{1}{2}$ peck green peas, shells and all, the latter well washed and broken up, $\frac{1}{2}$ teaspoonful salt, and $\frac{1}{2}$ teaspoonful white pepper. Toss over fire until they have taken in all the butter. Then add 2 pints cold water, and let all boil together with 3 spring onions till soft enough to pass through wire sieve. Then return to pan with 1 lump sugar. Stir till boiling, and serve with tiny dice of fried or toasted bread.

Potato Soup.

10 Potatoes, 1 oz. Dripping, an Onion, Pepper, Salt, and 3 quarts Water.

Add dripping to water (cold), and when water is boiling, add potatoes sliced, and onion, cut very small; and boil for 1 hour. Add seasoning, and, if liked, minced parsley, and $\frac{1}{2}$ carrot and $\frac{1}{2}$ turnip grated. Boil for another $\frac{1}{4}$ hour, and serve hot. The potatoes should be boiled to a pulp, and the soup be nice and thick, not watery.

Potato Soup (for 4 persons).

1 lb. Potatoes, 1 oz. Butter, $\frac{1}{2}$ pint Milk, 1 quart Stock, 1 Onion, $\frac{1}{2}$ teaspoonful Peppercorns.

Slice potatoes and onions, and fry in the butter, but do not brown them. Add stock and peppercorns, and boil 30 minutes. Rub through a sieve, add milk and salt to taste. Re-heat and serve.

(For stock, $\frac{1}{2}$ head celery, 1 large onion, 2 quarts water, bunch sweet herbs, 2 blades mace, 2 teaspoonfuls bovril, and a little salt. Slice vegetables and add to the water, &c. Boil for one hour, strain, then stir in bovril, and season.)

Soup made from New Potatoes.

Thoroughly wash and scrape a few new potatoes; put them into boiling water and keep boiling for a few minutes. Drain off the water. Put in a cupful of green peas, some green onion cut into small pieces, a little salt, and a tablespoonful of milk. Cover them freely with boiling water, and continue boiling slowly for half-an-hour without the lid.

Potato Puree.

2 lb. Potatoes, 1 oz. Butter, the white parts of 2 Leeks, 1 pint Skim Milk, 1 pint Water, small piece Mace, 1 teaspoonful Salt, $\frac{1}{2}$ teaspoonful white Pepper, yolks of 2 Eggs. (When eggs are dear, a large tablespoonful Cornflour to thicken with.)

Put potatoes on to boil in milk and water; skim well when nearly

boiling; cut the white parts of leeks in small pieces, wash, and scald. Add to soup with butter and mace, boil till potatoes are quite soft, then put through sieve. Put back in pan, and bring to boil; beat yolks of eggs. When soup comes to boil, pour soup over yolks, stirring all the time.

Queen Victoria Soup.

Benson E. Hill in his "Epicure's Almanac," gives the following as Her late Majesty's favourite soup while sojourning at Balmoral. The proportions are for a dozen persons—"Skin and entirely clean out the insides of three fat fowls or chickens, according to the season; let them be well washed in warm water; put them into a pan for an hour, covered with strong veal broth, and add a good-sized bunch of parsley. Take the crumbs of two French rolls and soak them in the liquor; cut the meat off, take away the skin, and pound the flesh in a mortar, adding the soaked crumbs and the yolks of 4 hard-boiled eggs; force this through a coarse sieve, and put it into a quart of cream that has been previously boiled; re-warm for table." A royal dish certainly, and one that does credit to Her late Majesty's taste.

Queen's Soup.

3 pints Stock from a boiled Fowl, and part of the Meat; 1 hard-boiled Egg, 1 teaspoonful ground Almonds, 2 dessertspoonfuls Cornflour, $\frac{1}{2}$ pint Milk.

Boil the bones with all sorts of flavouring vegetables and strain it. Remove all meat from bones, and chop small. Put the yolk of egg through a sieve, and chop the white small; add this to the meat of the chicken. Put yolk into a basin, add to it the almonds and cornflour, and mix with the milk; add these to the stock when hot, and stir all till boiling. Boil 3 minutes. When cornflour is cooked, draw pan to side of fire; add the chopped chicken and egg, and let it stand by side of fire for 3 or 4 minutes to heat the chicken, but don't let it boil. Serve very hot.

Rabbit Soup (1).

1 Rabbit, 1 Carrot, 1 Turnip, and 3 Onions; 3 tablespoonfuls brown flour, a good teaspoonful Butter or Dripping, 10 or 12 breakfast cups of Water.

Let rabbit lie in water a little, cut in pieces, and fry 20 minutes. Put in onion for 3 or 4 minutes, then add carrot and turnip, and the water, boiling, if possible, salt and pepper, and boil $\frac{2}{3}$ hour slowly. Strain, wash pan, and return stock to it. Brown the flour, and mix 2 tablespoonfuls stock. Put into pan and boil 10 minutes, cut the fleshy bits of rabbit into squares, put in pan, and when boiling it is ready to serve.

Rabbit Soup (2).

1 Rabbit, $\frac{1}{2}$ lb. lean Ham or Pork, 2 quarts cold Water or white Stock, 2 Onions, a slice or two of Turnip, a little Celery, sprig of Thyme, 10 Peppercorns, Salt and Pepper, $\frac{1}{2}$ pint of Milk or Cream, 1 oz. of Butter, and 2 tablespoonfuls of Flour.

Wash and cut up rabbit into joints, place in a pan, add water, let it come to the boil, and skim. Now add the vegetables, cut into dice, and flavourings tied in a muslin bag, allow all to simmer gently for 2 or 3 hours. Strain, take out the meat, separating from the bones, remove the bag; rub the vegetables through a sieve, melt the butter in the pan, add the flour, mix it to a smooth paste, then to this

put the milk or cream. Season with pepper and salt to taste, and a little nutmeg if liked, and boil up. The meat may be either rubbed through the sieve, or chopped up and put in the soup.

Red Pottage.

$\frac{1}{2}$ lb. Haricot Beans, 1 teacupful of Tomatoes, 1 Beetroot, 1 oz. Butter, 2 Onions, a piece of Celery or Parsnip, 2 quarts of Water.

Soak beans in cold water for 24 hours, then put them on to boil with the 2 quarts of water, the butter, and a small pinch of carbonate of soda. When the soup comes to the boil, add tomatoes, celery or parsnip, and onions, all cut in small pieces, and beetroot peeled and cut in thin slices. Allow all to boil for $2\frac{1}{2}$ hours. Put all through a wire sieve, add pepper and salt to taste. Re-heat and serve.

Rice Milk Soup.

3 oz. Rice, 3 pints Milk, 1 teaspoonful Sugar, $\frac{1}{2}$ teaspoonful Salt.

Pour boiling water on washed rice, then rinse in plenty of cold water, and drain. Put on with the teacup water and the milk. Simmer slowly with lid on 1 hour, then add sugar and salt.

Most valuable in summer as a corrective, when fresh fruits and vegetables are being used.

Rice Soup.

2 quarts boiling Water, a piece Carrot and Turnip and Celery, 2 lb. Veal, or a Fowl.

Boil 1 hour, strain, then add 2 good onions or the white part of 6 leeks, cut in small pieces, and $\frac{1}{4}$ lb. rice. Boil $\frac{3}{4}$ hour, then add teacupful cream or breakfastcup milk, and some fresh chopped parsley, pepper and salt. Boil $\frac{1}{4}$ hour—2 hours altogether.

Singer's Soup.

Wash well $\frac{1}{2}$ lb. best pearl sago, stew slowly till quite tender and very thick, in 1 quart water. Then mix gradually with it a pint of boiling cream or milk, and the yolks of 4 fresh eggs. Now add carefully 2 quarts strong veal or beef stock, which has been kept boiling for the purpose. Add this when just off the boil, not to curdle eggs, and serve immediately.

Stock for Soup.

4 lb. Shin of Beef, or 2 lb. Knuckle of Veal, or 2 lb. Beef; 4 young Carrots or 2 old ones; 1 Turnip, 1 Onion, 1 Leek, $\frac{1}{2}$ head of Celery, and Salt.

Take the bone out of the meat, and cut off skin and fat. Chop the bone, and take out the marrow. Place aside the fat and marrow for clarifying dripping, as they would make stock too greasy. Place meat (cut up small) and bone in cold water, in proportion 1 pint to 1 lb., and 1 pint over, and add $\frac{1}{2}$ teaspoon salt to assist scum to rise. Boil quickly, and skim well. Add the well washed vegetables; carrots cut lengthwise in 3 strips, and turnip and onion cut and quartered. Simmer for 5 hours. Add with the vegetables a little cold water to assist scum to rise, and skim occasionally. When ready, put a cloth over a basin, and a hair sieve on the cloth, and strain. Place in a cool place to jelly. When wanted, remove fat with a spoon; dip a clean cloth in hot water, and wipe the top, to take off every particle of fat; dry the top then with a cloth. The meat and bone may be used for second stock, with fresh vegetables.

Tapioca Soup.

4 good-sized Leeks, 1 lb. Potatoes, 2 oz. Tapioca, 2d Milk, 3 lumps Loaf Sugar, 8 breakfastcups Water.

Soak the tapioca in the milk for 3 or 4 hours. Put on the leeks and potatoes with the water, and boil till soft. Rub them through a colander. Bring soup to the boil, add the other ingredients, and a small piece of butter. Boil 15 minutes.

Tapioca Cream Soup.

Wash not quite $\frac{1}{2}$ cupful tapioca, and soak it all night in water. Next morning boil it in 1 quart white stock for 1 hour, taking care that it cooks very gently, or it may "catch" at bottom of saucepan. While this is cooking, cut into small pieces 2 stalks celery, and slice finely 1 onion. Boil these for 20 minutes in a pint of cream or milk into which has been put a blade of mace. When tapioca has boiled 1 hour, add the strained milk, and season with salt and pepper. Stir in a piece of butter the size of egg, and serve very hot. (Good for rheumatism.)

Tomato Soup (1).

Slice 3 Spanish onions, and fry in butter until brown. Remove them, and fry 1 dozen sliced tomatoes or 1 tin tomatoes just sufficient to heat through, then put them with the onions and their gravy into a pot, add 10 breakfastcups boiling water, a blanched head of celery cut down, a carrot sliced, and boil gently for 2 hours. Then pulp the whole through a hair sieve, rinse out pot, return strained soup to it, add $\frac{1}{2}$ teacup cream, and serve over small squares of toasted bread.

OR,

Boil 2 tablespoonfuls of whole rice in water, with a lump of butter in it. When ready add this purée to strained soup and serve hot.

Tomato Soup (2).

For the stock, use the liquor in which tripe and onions were boiled; when cold it will be quite a jelly. Put the stock in a pan, add 2 packets of Edwards' Deseccated Soup (brown), stir occasionally till dissolved, add a tin of bruised tomatoes (as are sold for soup). Boil 1 hour or longer, strain through a sieve to remove skins and seeds. Return to pan, add pepper and salt. Serve with pieces of dry toast. Cost—deseccated soup, 1 $\frac{1}{2}$ d; tomatoes, 5d per tin.

"Bisque" Tomato Soup.

1 $\frac{1}{2}$ lb. Tomatoes, 1 Onion, 2 oz. Butter, Salt, Cayenne, 1 $\frac{1}{2}$ pint Milk, Flour.

Take tomatoes and onion, and a pinch of carbonate of soda, and boil in a little water $\frac{1}{2}$ hour. Rub this through a sieve, and add the cold milk.

Work 2 oz. butter and a good tablespoonful flour into a paste, then stir it into the soup and let it gradually boil for a few minutes. Add salt and cayenne at the last, and a little cream just before serving.

A tin of tomatoes may be used when fresh ones are not in season. These do not need the first half-hour's boiling.

Mock Turtle Soup.

Half a Calf's Head, 2 lb. Shin of Beef, 1 Onion, 1 small Carrot, 24 Pepper-corns, 6 Cloves, 1 Bay Leaf, 1 blade Mace, 1 sprig Parsley, 1 sprig Marjoram, and a little Basil.

Cut up beef, and clean head thoroughly. Take out brains and

tongue, and put in salt and water. Put head, beef, and bones in a pan with 3 quarts water and 1 tablespoonful salt, and boil 6 hours. Remove fat; add tiny bit of all the vegetables to refresh the flavour. Thicken by mixing 2 oz. cornflour, 1 teacupful of water and a little ketchup, and stir till boiling; add some pieces of the head, cut into little square pieces, and the juice of 1 lemon, and serve with a dust of cayenne pepper and squares of toast.

White Soup (1).

Take 2 lb. of the back ribs of mutton. Put into pot and cover with plenty cold water. Bring to the boil, then add carrot, turnip, onion, and parsnip, cut up into small pieces. Boil all together for 2 hours slowly. Lift out the mutton, put stock through sieve, bruising the vegetables well through, and return to pan. For thickening, 3 tablespoonfuls of flour; pepper and salt, mixed with a pint of milk; add to the soup and stir till it boils.

White Soup (2).

2 pints Water, 2 oz. Potatoes.

Boil potatoes till cooked. Strain through sieve into another pot, add 2 pints milk, picce of butter size of egg, yolk of egg or cream, if desired, chopped parsley, and salt.

Winter Soup.

2 lb. sliced Potatoes, 2 or 3 Onions and Carrots, thinly sliced, a little Celery and Parsley chopped fine.

Put all in saucepan of cold water. Make small dumplings of brown bread crumbs, nutmeg, olive oil, and chopped parsley, and boil them with the soup about $2\frac{1}{2}$ hours. Thicken soup with a little flour.

Count Rumford's Soups, on which he fed some 1200 beggars in Munich, while they were taught to work, at an expense of less than a halfpenny per day, fuel and service included, were not only astonishingly cheap, but very palatable and nutritious.

Boil slowly 8 oz. barley and 6 oz. peas in 4 quarts water until they are tender, which will take several hours, add $1\frac{1}{2}$ lbs. peeled potatoes, 1 oz. salt, $\frac{1}{2}$ teaspoon pepper, sweet herbs, and 4 oz. vinegar. When ready, stir in 8 oz. stale bread cut or broken in small pieces. Thin with boiling water, if required. Onions, carrots, turnips, celery, cabbage, &c., may be added to vary it, and any flavours.

Stock for Vegetarian White Soup.

Mix flour with a little cold milk till quite smooth. Let the milk be boiling, add barley flour, butter, &c., and boil till it thickens.

Arrowroot Thickening for Soup.

1 oz. arrowroot. Add sufficient liquid to make consistency of batter, and quite smooth. Pour into the boiling soup. Stir quickly, and simmer 10 minutes. 1 oz. arrowroot to 1 quart soup.

FISH.

Clean fish at tap in running water. Rub black part of bone with salt, and scrape with knife, scale with back of knife. Wash in salt and water. Skin whittings and haddocks from the head to tail, otherwise the flesh would come off in flakes. Flat fish, except plaice, are skinned from tail to head. In plaice the skin adheres so firmly, it has to be peeled off with a knife. Never cut the thick glutinous fins of turbot, brill, or skate, they are thought a great delicacy. In boiling fish, always keep a fin on fish, to know if fish is ready, or put skewer in near the bone; if cooked, will be quite soft. A spoonful of vinegar added to the water in which fish is boiling will make the fish firm and tender. Put a pinch of bi-carbonate of soda in the water when boiling salmon. This makes it a beautiful red colour. Lay a red herring in hot water a few minutes before cooking. Salt fish are quickly freshened by soaking in sour milk. If you require to use an ordinary pan for cooking fish, scour after use with soda water, put a small piece of butter on dish-cloth and rub all round the pan, and all taint of fish will disappear. Or, after frying onions or fish put a little vinegar in pan—will quickly remove odour. Season bread crumbs with salt and pepper, and a little chopped parsley if liked, before using for fillets of fish. Anything fried in boiling fat is puffed up and made very light by lifting it three or four times out of fat during the process. This lets in the air, and makes a great difference. In boiling fish, salt the water in the proportion of a tablespoonful to each gallon of water. Lemon juice is always an improvement to white fish.

Never touch any mixture with curry powder with wooden spoon.

Three ways of frying Fish.

FIRST WAY.—Fillet fish; wash and dry. Egg and bread-crumb. Fry in boiling fat.

SECOND WAY.—Dip first in milk, then in flour. Fat must be even hotter for this than when egged and bread-crumbed.

THIRD WAY.—Make a batter of flour, milk, a little salt, and tiny pinch of baking powder—about the consistency of thick cream. Dip fillets in batter, and fry, *without* wire basket, as then they are apt to stick, which takes off batter.

(Norwegian) Fish Balls.

$\frac{1}{2}$ lb. Haddock, Pepper and Salt, $\frac{1}{2}$ teacupful of Cream, grated Nutmeg.

Scrape from the bone and pound in mortar till fine. Boil the bones and keep extract; season with pepper and salt, and grated nutmeg; add a small piece of butter about the size of a walnut. Boil cream and let it cool, then pour it among fish and flavouring. Make into balls and cook in extract or boiling fat. Serve with white sauce, coloured pink.

Canelle of Fish.

1 breakfastcupful Bread Crumbs, 1 do. Cooked Fish, a little minced Parsley, Pepper and Salt.

Beat 3 eggs; add $\frac{1}{2}$ teacupful of milk; mix all, and steam in a buttered mould 1 hour; pour some nice white sauce over.

Chartreuse of Fish.

Wet mould. Put in a little aspic jelly. Lay in any sort of cooked fish you like, and some hard-boiled eggs and sprigs of parsley. Let this set, and add some aspic. Make a sauce with 1 tablespoonful salad oil, 1 yolk egg, 1 tablespoonful vinegar, 1 teaspoonful tarragon vinegar, 1 teaspoonful Chili vinegar, salt and pepper. Mix with some more fish, eggs, aspic, etc., till mould is full. Set to cool. Turn out, and decorate with hard-boiled eggs and parsley.

Boiled Cod or Haddock.

3 lbs. Fish.

Put fish in boiling water (salted). Boil 1 minute, then pour in a cupful cold water gently to reduce heat, and allow fish to cook 15 or 20 minutes, according to thickness of fish. Drain immediately.

Cod Fish Cutlets.

Cut thin slices near the tail. Wash and dry 1 hour before cooking. Then add fine bread crumbs, salt, pepper, a little grated nutmeg, about a teaspoonful chopped parsley and rather less scalded chopped onion. (This last item makes the dish.) Moisten all with a little beaten egg and milk mixed. Spread on both sides of fish, having first floured it a little; a few drops of anchovy essence will improve the paste. Then egg and bread-crumb and fry in boiling fat. Serve with anchovy or shrimp sauce. The latter is excellent with a good melted butter foundation nicely flavoured with essence of shrimps.

Cod-Roe for Breakfast.

Procure a nice fresh cod-roe; put a thin cloth round it to prevent bursting. Place it in a fish pan with boiling water; add a little salt, allowing it to boil slowly for $\frac{1}{2}$ hour. Dish it, keeping the cloth on till nearly cold; when quite cold, skin it, and cut into slices about half-an-inch thick; dust each piece with flour, and fry in boiling fat until crisp.

Fish Cream.

4 oz. scraped Fish, 1 oz. Butter, 2 oz. Bread Crumbs, 1 gill Milk and $\frac{1}{2}$ gill Cream, 2 Eggs, 1 squeeze Lemon Juice, Cayenne Pepper and Salt.

Put butter with bread crumbs and fish in basin. Pour hot milk over and beat with fork till butter is melted; season. Add cream to beaten eggs, and mix with fish. Steam $\frac{1}{2}$ hour. Cover with greased paper. Serve with white sauce.

OR,

$\frac{1}{2}$ lb. fresh fish pounded in mortar or bowl, add 2 tablespoonfuls milk or fish stock, and pass through wire sieve. Beat 2 tablespoonfuls cream and 1 egg together, add fish, pepper and salt, and steam in buttered basin 20 minutes. Serve with parsley sauce.

Fish Croquettes.

2 oz. Butter, $1\frac{1}{2}$ oz. Flour, $\frac{1}{2}$ teaspoonful Salt, $\frac{1}{4}$ teaspoonful Pepper, $\frac{1}{2}$ gill Milk, $\frac{1}{2}$ gill Cream, 1 teaspoonful chopped Parsley, grated rind of $\frac{1}{2}$ Lemon, $\frac{1}{2}$ doz. Oysters, $1\frac{1}{2}$ lb. Cod Fish, 1 or 2 Eggs, and $\frac{1}{2}$ lb. seasoned Bread Crumbs.

Boil fish till tender. Remove skin and bones, and break in small

pieces. Melt butter in pan, stir flour in smoothly, add pepper, salt, and milk by degrees. Stir till boiling, boil 3 minutes, then add cream, oysters, lemon rind and juice; add cod fish, and cool 2 or 3 minutes, turned out on plate. When quite cold divide into 9 pieces, form into long fingers, using two knives, and a little flour to keep from sticking to knife. (If you use too much flour, mixture will burst.) Cover with beaten egg, roll in bread crumbs, and fry in boiling fat.

Curried Fish.

2 lbs. Cod, or other Fish, 1 Onion, $\frac{1}{2}$ pint Stock, 1 teaspoonful Lemon Juice, 2 oz. Butter, 1 oz. Flour, $\frac{1}{2}$ tablespoonful Curry Powder, Salt, a dust of Sugar, 1 tablespoonful Cocoanut.

Fry the fish in the butter, remove it, then fry the onion brown; add the curry and fry slightly, then add cocoanut, stock, sugar, and salt, and boil 15 minutes; divide the fish into large flakes, add to curry, and boil 5 minutes, then add lemon juice.

Fish Custard.

1 $\frac{1}{2}$ lb. filleted Haddock, 1 dessertspoonful Flour, 1 teaspoonful Butter, 1 Egg, 1 teacup Milk, Pepper and Salt.

Cut fish into pieces and place in a pie dish. Sprinkle pepper and salt over it, then mix in a bowl 1 dessertspoonful flour, teaspoonful butter (melted), 1 egg well beaten, 1 teacupful milk. Pour this mixture over fish and put in a moderate oven for 35 minutes. (Halibut is good with a squeeze of lemon juice over.)

OR,

Grease a small ashet, and completely cover with fresh, filleted haddock; then strew the fish thickly with bread crumbs. Beat an egg, and add to it a teacup of new milk and a little salt; pour over the fish, and put a few small bits of butter on the top. Bake $\frac{1}{2}$ hour in quick oven.

Fish Cutlets.

1 cup Cooked Fish, 2 Eggs, 1 tablespoonful Flour, $1\frac{1}{2}$ oz. Butter, a little Nutmeg, Pepper and Salt, a small teacupful Fish Stock or Milk.

Break fish up, and see there are no bones. Put flour and butter in pan; add milk, seasoning, and egg, keeping back a little egg; add $\frac{1}{2}$ teaspoonful anchovy paste, pinch cayenne, and a little lemon juice. Bring to the boil, and boil 3 minutes. Lay out on flat plate to cool. Cut into 5 or 7 pieces. Flour a little, and form into cutlets on slightly-floured board with knife and finger, turning about. It gets firm if it stands a little. Brush over with egg. Toss in bread crumbs. Fry in boiling fat. Put a little fish bone at end of cutlet when cooked, and garnish with parsley.

Fricassée of Fish.

Beat some smoothly mashed potatoes with a little milk and butter till it is light and creamy, season with salt and pepper, and add the stiffly whisked white of an egg. Turn the potato on to a sheet of buttered paper and mould it into a round case; smooth with a knife which has been dipped in hot water, and after brushing it over with the yolk of an egg bake in a quick oven till the potato is browned. Put some milk into a pan with a slice of onion and a small blade of mace, and after it has boiled let it simmer 10 minutes. Cook some butter and flour (1 ounce of each to $\frac{1}{2}$ pint milk) together for a few minutes without letting them become in the least brown, then pour in

gradually the milk ; when this sauce has boiled and thickened, season it with salt and pepper and strain. Remove the skin and bones from some cooked white fish, divide it into flakes and heat it in the sauce. Take the potato case from the oven, put on a hot dish and fill it with the fish and scatter a little chopped parsley over the top.

Fish Entree.

Some fillets of Sole, washed and dried; make a mixture of 1 oz. Butter, 1 oz. Flour, $\frac{1}{2}$ tin Button Mushrooms, squeeze of Lemon, Salt and Pepper, yolk of Egg.

Melt butter and flour ; add 1 gill fish stock or milk ; add mushrooms, chopped, and yolk of egg, etc. Spread mixture over soles, and double over. Lay on well-buttered tin. Put squeeze of lemon over each, cover with bread crumbs ; bake in moderate oven for 6 minutes. When ready, take any mixture left and pile in centre of a hot dish. Put pieces of fish round it, and pour white sauce round. Sprinkle over top of each fish chopped parsley and pepper.

Gateau de Poisson.

1½ lb. White Fish, $\frac{3}{4}$ teaspoonful Salt, $\frac{1}{4}$ teaspoonful Pepper, $\frac{1}{2}$ teacupful Bread Crumbs, 1 oz. Butter, 1 teaspoonful Anchovy, $\frac{1}{2}$ teacupful Milk, 2 Eggs, 1 teaspoonful chopped Parsley.

Boil fish. Remove skin and bone and chop it up finely. Put it into a basin and add bread, parsley, all the seasonings, the butter (melted), the eggs (well beaten), and the milk. Mix thoroughly. Butter a plain mould. Pour in the mixture ; cover with a greased paper, and steam for $\frac{3}{4}$ hour. Serve with a good white sauce.

Haddock Canapes.

Take the flesh of 1 raw dried haddock, free from all bones, and pound it in a mortar with 1 or 2 oz. butter, then rub it through a wire sieve and stir it over the fire, adding a little cream and a dash of cayenne ; then pour it on rounds of buttered toast and serve very hot.

Haddock Croquettes.

1½ oz. Butter, 1½ oz. Flour, $\frac{1}{4}$ teaspoonful Pepper, 1 teaspoonful Lemon Juice, $\frac{1}{2}$ gill Milk, $\frac{1}{2}$ gill Cream, 1 dried Haddock (about 2 lb.), 7 fried croutons of Bread.

Put haddock in basin, and cover with boiling water for 10 minutes, when skin and bones are easily removed. Break into small pieces. Melt butter in pan. Stir in flour smoothly, adding pepper, but no salt. Add milk and cream gradually, and stir till boiling. Boil 3 minutes, then add lemon juice and haddock. Pile mixture on fried croutons, and garnish with parsley.

Haddock (Smoked and Rice).

3 oz. Patna Rice, 1 Haddock (Aberdeen), 1 oz. Butter, Milk, 1 oz. Flour.

Boil rice till soft. Skin and bone haddock, and cut it into small pieces. Stew it in enough milk to cover it. Thicken milk with butter and flour, dish on top of rice, and garnish with parsley. See that the rice is hot and dry.

Haddock (Stuffed) (1).

Stuffing.—2 oz. Bread, 1 oz. Hugon's Suet, 1 dessertspoonful chopped Parsley, about $\frac{1}{2}$ cup Milk and Water mixed, to soak bread, Salt and Pepper.

Soak bread till soft, then drain, and squeeze dry as possible. Beat well with fork till like bread crumbs. Add shred suet and mix with knife till all falls to pieces. Add parsley and seasoning, and mix well. Rub a little salt up back-bone of fish, which makes it

more savoury. Then fill inside of fish, and pass skewer in and out to keep in place. Pass tail through eye sockets and put skewer through head to fasten down. Fill centre with remainder of stuffing. (Sometimes the teeth of fish hold tail down.) Sprinkle with brown bread crumbs, and put small pieces of suet on top. Bake in quick oven 15 to 20 minutes, according to size. Serve on hot dish, and garnish with cut lemon and parsley, or serve with brown sauce.

Haddock (Stuffed) (2).

2 or 3 Haddocks filleted and halved lengthwise, 2 teacups Bread Crumbs, 2 teaspoonfuls chopped Parsley, Pepper and Salt, and a little Milk.

Put the bread crumbs, parsley, and seasoning into a basin and moisten with the milk. Lay the haddocks on the table with the side from which the skin was removed uppermost. Take a handful of the stuffing, squeeze out any extra moisture, and lay on the middle of each piece of fish, doubling the ends over it. Lift into baking tin, put over some pieces of butter, and bake for 10 or 15 minutes in a brisk oven.

OR,

Spread the fillets over with veal stuffing, roll up, sprinkle bread crumbs over and small bits of butter. Bake 15 minutes, and pour brown sauce over.

Haddocks and Tomatoes.

Put a little stock or gravy in a pie dish, then layers of filleted haddocks, sliced tomatoes, and bread crumbs, seasoned with pepper and salt, until the dish is full; cover well with bread crumbs and pats of butter, and bake in moderate oven till nicely browned.

Baked Halibut.

Sprinkle in bottom of deep dish about $\frac{1}{2}$ teaspoon minced parsley, 1 tablespoon button mushrooms, $\frac{1}{2}$ teaspoon lemon juice, pepper, and salt. Lay in 1 lb. halibut, add a few more mushrooms, a little parsley, 1 tablespoon ketchup, and 1 gill water. Lay a few pieces butter on top, and bake in a quick oven 15 minutes. Lift out fish, beat yolk of egg in a little cold water and teaspoon vinegar. Stir this into the sauce over fire till egg thickens in tin. Serve fish with sauce round.

Broiled Herrings.

Split open, remove bones, and lay flat. Sprinkle with pepper and salt, and place on grid. Broil quickly, first on one side, then the other. Lay on hot dish, and pour over this sauce—1 oz. butter dissolved, 1 teaspoon vinegar, tablespoon of minced parsley, and pinch of salt and pepper.

Boiled Herrings.

Clean the fish, and remove the eyes; put the tails through the eye-holes, and boil gently in water, to which $\frac{1}{2}$ teacup of vinegar has been added.

Fresh Herrings and Onions.

Slice and fry in a little fat, onions as for steak. Clean herrings and fry a light brown, with salt and pepper. Serve together hot; a delicious dish and tasty.

Baked (or Potted) Herrings.

6 Herrings, $\frac{1}{2}$ teaspoonful Salt, $\frac{1}{2}$ teaspoonful Pepper, $\frac{1}{2}$ teacupful Vinegar, 4 Bay Leaves, $\frac{1}{2}$ teacupful Water.

Clean the fish thoroughly; cut off the heads and tail-fins; take

out the back-bone, which may be easily done, by beginning at the tail and pulling up to the neck. Roll each fish up neatly, beginning again at the tail, and keeping the skin to the outside. Pack neatly in a pudding-dish ; strew flour, pepper, and salt over them, with a few pieces of butter, and the water and vinegar. Bake in a moderately-heated oven. Another way of cooking them is to steam them in a pan with a close lid.

To Fry Red Herrings.

Split open, skin, and remove the bone from as many herrings as may be required. Fry in small piece of butter—care must be taken not to burn them. (This is a very tasty way of cooking red herrings.)

Fish Kedgeree.

Boil a cup of rice as for curry ; take cold dressed fish free from bones ; mix 2 oz. butter with the rice, add the fish, and season with salt, pepper, and cayenne. Now add 2 eggs slightly beaten, stir together quickly over the fire for 3 minutes, and serve very hot.

OR,

Equal quantities cooked fish and cooked rice, 1 hard-boiled egg, and 1 oz. butter to $\frac{1}{4}$ lb. of each. Melt butter, and when hot, but not brown, add rice and fish, and stir with fork till well mixed and quite hot ; season with white pepper and salt. Pile roughly on hot dish, cut egg in pieces, take out yolk, place pieces of white round, and rub yolk through sieve on the top.

Lobster Cutlets.

1 tin of Lobster, $1\frac{1}{2}$ oz. Butter, $1\frac{1}{2}$ oz. Flour, $\frac{1}{4}$ pint of Milk, 1 teaspoonful Lemon Juice, 1 tablespoonful Cream, 1 Egg, Cayenne, $\frac{1}{2}$ teaspoonful Salt, and Bread Crumbs.

Chop the lobster, melt the butter in a pan, add the flour, mix to a paste, add the milk, and stir over the fire till it boils. Then add the cream and lemon juice, seasoning the lobster. Spread on a floured plate to cool. Divide into 10 or 12 equal portions, form into cutlets, brush over with beaten egg, toss in bread crumbs, and fry a golden brown in a bath of fat. Drain on soft paper. Stick in thin end of each cutlet a stem of parsley. Dish up in a circle on a folded serviette, and garnish with parsley.

Fish and Macaroni Pie.

2 oz. Cooked Macaroni, 1 Egg, $\frac{1}{2}$ lb. Cooked Fish, $\frac{1}{2}$ pint Milk, Cayenne, Salt, and a good squeeze Lemon Juice.

Mix macaroni with fish, add 1 oz. butter, etc. Pour over hot milk and beaten egg. Cover pie with layer of bread crumbs and tiny bits of butter and bake.

Mackerel.

Mackerel is NOT good unless very fresh ; no fish loses its quality so quickly as mackerel does, and it is by no means either nice or wholesome if stale. Wash the fish well, and wipe it quite dry ; then split it down the back, dust it over with pepper and salt, and rub a little butter or dripping over it. The butter must be warmed a little. Put it on a brander or gridiron, and cook for about ten minutes, doing the split side first.

Oysters (Scalloped) or Shrimps, &c.

Oysters, $\frac{1}{2}$ oz. Butter, Flour, 1 tablespoonful Milk, Oyster Liquid, 1 tablespoonful Cream, Salt and Cayenne Pepper to taste.

Butter the shell, and sprinkle bread crumbs in. Pour in the mixture, then sprinkle with bread crumbs and bake 20 minutes a golden brown.

Fish Pastries.

Rough puff paste rolled thin and baked in greased dishes with crust of bread in each (to make space for fish). Roll out trimmings and cut in squares, one for each tin, and bake these also. For fish mixture—Melt 1 oz. butter, add $\frac{1}{2}$ oz. flour and mix well. Then 1 gill milk and stir till boiling; have fish free from bone and broken up. Take 4 tablespoonfuls and season with white pepper, salt, and a little lemon juice. Add yolk of egg and stir lightly. Whip white to stiff froth and add last, when the rest is well mixed. Take patty pans from oven, remove bread, fill with fish mixture, and heat through, for 3 or 4 minutes, to slightly brown. Place square of pastry on top and garnish with parsley.

Russian Fish Pie.

$\frac{1}{2}$ lb. Fish cooked or raw, 1 hard boiled Egg finely chopped, 1 teaspoonful Parsley, grated Lemon Rind, 2 tablespoonfuls White Sauce, 1 oz. Butter, Pepper and Salt, Flaky Paste.

Rice may be mixed with this, and, if liked, tinned salmon may be used, mixed with rice. Fish must be free from bones and cut small. Mix thoroughly. Roll the $\frac{1}{2}$ lb. paste into a square. Place mixture on centre of paste, corners being met and brought to centre, leaving corners open. Decorate and glaze with egg and milk.

Plaice à la Duchesse.

1 filleted Plaice, 1 gill cold Water, 1 oz. Butter, 1 oz. Cornflour, Pepper, Salt, and Lemon Juice, 2 tablespoonfuls fine Crumbs, $\frac{1}{2}$ oz. Butter, teaspoonful Parsley, and yolk of Egg.

Mix parsley, crumbs, pepper, salt, and lemon juice. Form into fillets, and double over. Bake $\frac{1}{2}$ hour till firm and white. Place on each an anchovy. These, after being washed in tepid water and dried, should be tossed in lobster coral and folded into a bow. Make sauce as usual, and colour with anchovy essence or cochineal.

Potted Fish.

1 medium-sized Crab, 1 lb. Halibut.

Put halibut in pie dish. Sprinkle over with pepper and salt, and let it cook in oven till quite soft, but put no water in it. Then pick from the bone, and add to it the flesh of the crab (carefully picked). Pound both together in a mortar or bowl, and about 1 tablespoonful butter (not melted), and pepper and salt to taste. Put in pots and cover with melted butter.

Fish Pudding (1).

1 lb. Cold Fish, $\frac{1}{2}$ lb. Macaroni, 2 oz. Grated Cheese, Pepper and Salt, $\frac{1}{2}$ pint Sauce, Dripping, size of egg, Bread Crumbs.

Boil macaroni 20 minutes in boiling water, with lid off, then chop small. Make sauce with dessertspoonful dripping and same quantity of flour, a breakfastcupful of stock or milk, a little minced parsley, and salt. Melt dripping, add flour, then stock, etc. Stir constantly one way, and boil 3 minutes. Grease pie dish. Put in

fish free from bones, then macaroni, then a little sauce, next some cheese, and so on, lastly the bread crumbs. Shred dripping over all. Heat through in oven, and brown on top.

Fish Pudding (2).

Butter mould thickly and throw in brown bread crumbs. Take cold fish and double quantity of potatoes, salt, pepper, and a few grains cayenne pepper ($\frac{1}{2}$ oz. butter, melted, to each lb. of potatoes, and $\frac{1}{2}$ egg to each lb.) Mix well. Fill mould. Place a small piece butter on top and bake 15 minutes.

Fish Pudding (3).

Bone and skin 2 raw fresh haddocks, pound them in a bowl, and rub them through a wire sieve; then put the fish into bowl with 2 eggs, a little parsley, and an onion, cut small; some white pepper, a little salt, a teacupful of bread crumbs, and 4 oz. of marrow; pound all well together; put into a greased mould, and steam 1 hour.

Boiled Salmon.

Empty the salmon and wash it, but handle the fish as little as possible, to prevent the scales being rubbed off. Put in fish-kettle enough water to cover the fish. When it boils, put the fish in and let it boil for 5 minutes, then put 2 breakfastcupfuls of cold water in to reduce the temperature, and put kettle on a cooler part of the fire; allow it to remain thus under boiling-point for the proper time, then take kettle off fire and allow it to stand for 10 minutes before removing the salmon. This improves the flavour and makes the fish firmer.

Table of time to boil Salmon:—A slice (1 lb.), $\frac{1}{4}$ hour; 3 lbs., 25 minutes; 6 lbs. (thick), 40 minutes; a grilse (7 or 8 lbs.), $\frac{1}{2}$ hour.

Salmon Cutlets.

To every 6 oz. salmon add 2 oz. mashed potatoes, white pepper, cayenne, salt, and mace to taste. Mix well and form into cutlets. Brush over with beaten egg, roll in bread crumbs, and fry in boiling fat.

To Kipper Salmon.

$\frac{1}{4}$ lb. best brown Sugar, 1 lb. Salt, 2 oz. powdered Saltpetre, $\frac{1}{4}$ lb. black Pepper, a little Allspice.

Lay the fish on a board and cover with the above. Lay aside for 3 days. Dry in the sun, and it is ready for use.

Salmon Mould (excellent).

Take cold boiled salmon, to weigh, when free from skin and bone, 1 lb. Place in a basin, and with a fork break it up quite fine, add 3 tablespoonfuls of bread crumbs, 2 oz. of butter, 1 teaspoonful of chopped parsley, salt, pepper (cayenne), a little anchovy sauce if liked, and 2 eggs. Mix into a smooth paste. Put into buttered mould and steam for $\frac{3}{4}$ hour, or, if preferred, put into a buttered cake-tin and bake for $\frac{1}{2}$ hour. Turn out, pour melted butter, flavoured with anchovy sauce round it, and decorate with chopped parsley.

Salmon Rissoles.

1 tin salmon put into bowl, keeping back a little liquor if too wet, 1 teacupful bread crumbs, pepper and salt. Switch 2 eggs, or 1 egg and tablespoonful milk, and add. Divide into little round pats, and fry; or make balls, keeping back white of 1 egg to brush over. Then roll in fine bread crumbs, and fry in boiling fat.

Salmon Sandwiches.

Cut slices of salmon and cucumber, and put them between bread and butter; then roll them up in a lettuce leaf soaked in vinegar for 1 hour; or a salad dressing.

Salt Cod with Egg Sauce.

1 lb. Salt Cod, soaked, boiled, cooled, and chopped fine; 1 teacupful Milk, 1 tablespoonful Cornflour, 2 beaten Eggs, 2 tablespoonfuls Butter, a little chopped Parsley, half as much mashed Potatoes as fish, Pepper to taste.

Heat the milk, thicken with cornflour, then add potatoes, rubbed very fine; next the butter, then the eggs and parsley, and lastly the fish. Stir and toss till smoking hot, then pour into deep dish.

Salt Fish and Sauce.

Soak fish over night, or at least for 5 hours in tepid water, skin side up. Scrape skin, and lay skin side up (to catch the scum which settles) in cold water. When ready, take off skin nicely, pour egg sauce over, and over that grate the yolk of an egg.

Sardine Sandwiches.

Wipe and bone the sardines; squeeze a lemon over them; place them inside the bread and butter with a layer of cress.

Sardine Savoury.

1 lb. Flour, 2 oz. Butter, 1 yolk Egg, Salt, a little cold Water, 1 tin Sardines, 1 oz. Parmesan Cheese, 1 oz. Butter, Cayenne, White of Egg.

Rub 2 oz. butter into the flour; add salt and yolk of egg, mixed with a few drops of water, and knead into a firm paste; roll out as thinly as possible, and cut into oblong pieces. Cut the tails off the sardines and wipe off the skin; melt 1 oz. butter, and dip each sardine into it; roll in the crumbled cheese, and then wrap up neatly in the paste, sealing the ends with white of egg. Fry gently a golden brown in bath of fat; drain, and dish up neatly on folded serviette. Sprinkle over a little cheese and cayenne, and serve hot.

Fish Sausages.

1 teacupful Cooked White Fish, 1 do. Cooked Lobster or Shrimps, 1 do. Bread Crumbs, 1 dessertspoonful Parsley, $\frac{1}{2}$ do. Thyme, 6 Mushrooms, 1 raw Egg and 1 Yolk, 1 teaspoonful Salt, and $\frac{1}{2}$ teaspoonful Pepper.

Pound fish. Add crumbs and seasoning and egg. Make mixture into sausages with floured hands, egg, bread-crumb, and fry.

Shape of Cold Fish and Potatoes, or Fish Cakes.

Mash potatoes with two forks, or put through sieve. Mix equal quantities of potatoes and fish. See that there are no bones in fish. For 1 $\frac{1}{2}$ lb. of fish and potatoes add 1 oz. dripping, saltspoon curry powder, $\frac{1}{2}$ saltspoon mustard, a little salt, and 1 egg. Butter baking tin, and work it into the shape of a fish with two knives dipped in milk, putting parsley in for eyes. Bake in quick oven. Garnish with sliced carrot and cut lemon, if liked.

Mixture may be formed into cakes, and fried in pan; or into balls, egged and bread-crumbed, and fried in boiling fat.

Plainer fish cakes may be made with equal quantities of potatoes and fish, with pepper and salt; slightly flour them and fry till they are a nice brown colour.

Skate (Dressed).

Boil till ready, about $\frac{1}{2}$ hour, a thick cut of skate. Remove the flesh from the bones, making it into neat flakes. Have a pie dish buttered; put in it a layer of skate, a layer of white bread crumbs, and a layer of grated cheese; repeat till the skate is all used. Make a sauce with milk, butter, and flour. Pour over all, and bake in the oven, browning before the fire at the last.

To Fry Soles.

Skin and carefully wash the soles, and cut off the fins, wipe them very dry and let them remain in the cloth until it is time to dress them. Then either flour them well or brush over with egg and cover them with bread-crumbs. Fry in a deep pan with plenty of dripping or lard. When they are a light brown on one side turn them by sticking a fork in the head and supporting the fish with a slice. When a thick smoke rises from the pan they are done. Drain carefully, garnish with cut lemon and fried parsley, and serve with shrimp sauce and plain melted butter.

Sole à la Turque.

1 oz. minced Suet or piece of Butter, teaspoonful minced Parsley, 2 tablespoonfuls Bread Crumbs, 1 oz. minced Lobster or Shrimps, 1 small Egg to bind the whole, a little Salt and Pepper, a very little grated Lemon Rind.

Moisten with beaten egg. Have fish skinned. Take off head and tail; cut down centre as if going to fillet. Slip knife just over fillets on either side (making bag). Wash and dry the fish. Fill centre with foreemeat. Close up fillets. Place in dripping tin. Pour round $\frac{1}{2}$ pint stock, and bake about 20 minutes. If you have no stock, use water and a little bovril; the flavouring matter from fish makes this very nice gravy.

Soufflé of Cooked Fish.

Boil, skin, and rub a 4d haddock through sieve. Make a batter not too thick with $\frac{1}{2}$ oz. butter, $\frac{1}{2}$ oz. flour, and enough of the stock in which fish was boiled, with a little milk added. Bring to the boil. Take pan off fire, add pepper and salt, drop in the yolks of 2 eggs, then add the fish, beating slightly, then the whites of 2 eggs whipped to stiff froth. Whip till thoroughly mixed, and steam very gently for $\frac{3}{4}$ of an hour. A little cream added to the mixture before whites is an improvement.

Stewed Fish (1).

Fry about 1 lb. Spanish onions and 1 lb. tomatoes. Add any cooked fried fish, and some stock, thickened with flour, pepper and salt. Heat thoroughly and serve. Take great care in dishing not to break the fish.

Stewed Fish (2).

2 filleted Haddocks, 1 pint Fish Stock, White Pepper, Salt, and squeeze of Lemon Juice, $\frac{1}{2}$ oz. Arrowroot or Cornflour, dessertspoonful chopped Parsley.

Rub over fish with lemon juice, and put in pan with small sprinkling of salt and pepper. Pour over stock, put on lid and gently simmer (not boil) 15 minutes. Rub down flour with stock or milk,

add parsley, stir well and cook 5 minutes, and add to fish. Bread crumbs may be used, also bread sauce.

^ **Timbale of Fish.**

Take 2 oz. cooked Macaroni, and 4 oz. cooked Fish, 1 oz. Butter, $\frac{1}{2}$ gill hot Milk, $\frac{1}{2}$ teaspoonful Salt, $\frac{1}{2}$ teaspoonful Pepper, 2 teaspoonfuls Lemon Juice, and 2 Eggs beaten to a froth.

Mix all thoroughly and pour into buttered mould. Steam $\frac{1}{2}$ hour. Cover with white sauce and garnish with parsley.

Trout.

Small-sized trout are best fried. Clean them, and wipe them dry with a cloth—a soft cloth and a gentle hand are necessary. Then dredge them lightly with flour, or roll in fine oatmeal. Melt enough dripping in your frying-pan to just cover the fish; when it is still and smoking, put in the fish one at a time, with a few seconds between each, so as to keep up the heat of the friture. Fry a golden brown, take up, sprinkle with salt, drain on thickly-folded kitchen paper in front of the fire, and serve—a good appetite is the only sauce needed.

Largo trout are good for grilling, which can be done in several ways. The fish can be cleaned, wiped, rubbed over with oiled butter, and placed on a gridiron over a very clear fire, being turned several times in the process of cooking.

Whiting (Cream of).

4 Whiting, 2 Eggs, a little Lobster Spawn

Scrap the fish off the bones, put the fish through a mincing machine or pound it in a mortar, then pass it through a hair sieve with the eggs. Afterwards mix with it $\frac{1}{2}$ pint of milk and cream mixed, pepper and salt to taste, and steam for $\frac{1}{2}$ hour. Make some white sauce, pass the lobster spawn through a sieve into the sauce, let it come to the boil, then pour it over the fish.

Whitings (Baked).

Butter a baking-dish and sprinkle with chopped parsley, then onion, a little salt, and grated nutmeg. Place the whittings in the dish, pour a little melted butter over, and a little white stock. Put in oven, and when half cooked turn them carefully. When ready, pour the juice off into a pan, add some melted butter, and boil. Add a few drops lemon juice and a little white pepper. Pour over whittings and serve.

Whiting (Fried).

Skin the whiting; remove the gills and eyes; dry them thoroughly, and draw the tails through the eyes. Roll in flour, and brush over with egg. Put into a basket, with enough smoking fat to cover. Fry gently, 5 minutes, a nice brown. Drain on soft paper. Dish in a ring, and garnish with parsley, fried; and serve with sauce.

BEEF, MUTTON, VEAL, &c.

In cooking all meat not to be made into soup, whether roasted, stewed, or boiled, subject the outside of the meat to strong heat to shut up all pores and keep in juices, then cook more slowly. A little juice of lemon squeezed over lamb chops before broiling them gives them a delicate and delicious flavour. When making pies, to prevent crust becoming soaked with the gravy, &c., place pie-funnel in centre and lay a few clean wooden meat skewers (which come from the butcher) across the dish before putting on crust. Never pierce meat while cooking, or the juices will escape. Veal must not be laid on a plate, but hung in an airy place till cooked. To make meat more tender, cover it with cold water for 20 minutes before cooking, or 30 if a large piece. Will greatly improve quality of meat. If you have no meat safe, and are troubled with flies, wrap your meat in a cloth wrung out of vinegar and water, as soon as it comes from the butcher, wetting it again as it gets dry.

If Meat or Fish is

a little doubtful, from intense heat or too long keeping, a simple and pure mode of making them sound and healthful is by putting 3 or 4 pieces of charcoal in the saucepan wherein they are to be boiled.

OR,

Dip meat into Condy water (a pale pink). If at all tainted, it will turn yellowish. Place in fresh Condy water, and repeat until water keeps its pink colour. Then wash in clean cold water. Meat will be quite sweet and wholesome.

Beef and Haricot of Vegetables.

2 lb. Beef, $\frac{1}{4}$ lb. fat Bacon, 4 Onions, 3 Carrots, 2 pints Stock, 1 tablespoonful Flour, 1 teaspoonful Browning, 3 teaspoonfuls Ketchup, 2 teaspoonfuls Vinegar, 1 oz. Dripping, 4 Turnips, Parsley, Herbs, Salt, Pepper.

Melt dripping in pan. Sprinkle beef (let it be lean, and about $1\frac{1}{2}$ inches thick) with pepper and salt on both sides; brown it on both sides in fat, adding the bacon. (Turn the meat with two spoons, not with fork.) When done, place it on a plate, and pour out fat. For sauce, mix the flour, stock, browning, ketchup, vinegar, 1 teaspoonful dried herbs, salt, &c. Put all into a stewpan with carrots, onions, turnips (sliced). Add parsley and 2 bay leaves, and stew one hour.

Beef Olives.

$\frac{1}{2}$ lb. Stewing Beef, 1 small Onion, $\frac{1}{2}$ tablespoonful Flour, 1 teacupful Water, a little Milk, 3 tablespoonfuls Bread Crumbs, 1 teaspoonful chopped Parsley, a little Thyme, a little chopped Suet, Pepper and Salt.

Have beef sliced thinly, and cut in strips about $1\frac{1}{2}$ inches wide and 3 inches long. Mix the suet, bread crumbs, parsley, and seasoning with just enough milk to make it stick together. Place a little stuffing on each strip, roll up and tie. Brown rolls in hot dripping, and place on plate. Fry the sliced onion, and mix the flour and water together. Pour into pan, and stir till it boils, then season. Put meat rolls in again, and let all simmer for $1\frac{1}{2}$ hours.

Beef Steak and Kidney Pie.

1 lb. beef, cut in strips 2 inches long and 1 inch broad. Dip in pepper, salt, and flour, and roll up. Put very lightly in pie-dish; never pack anything in tight, that gases may escape. Add 4 sheep's kidneys, skinned and cut in neat pieces; tablespoonful ketchup, teaspoonful Harvey's sauce, enough stock or water to nearly fill dish. Cover with pastry, and bake in moderate oven 2 hours.

Boiled Beef.

Piece of Brisket, Aitchbone, or Rump, Carrots, Turnips, Onions, Celery, bunch of Sweet Herbs, Peppercorns.

Put in pan with enough boiling water to cover, and boil slowly 2 to 3 hours, according to size of joint. About $1\frac{1}{2}$ hours before it is done drop in vegetables. Dish the beef with vegetables as a garnish. (Save liquor for Soup.)

Boiled Meat Pudding.

$\frac{3}{4}$ lb. Stewing Beef, 1 dessertspoonful Flour, 1 small Kidney, 1 teaspoonful Salt, $\frac{1}{2}$ teaspoonful Pepper.

Cut the meat and kidney into thin slices; mix the flour, pepper, and salt together, and dip each piece of meat in it, and then roll it up. For paste, $\frac{1}{2}$ lb. self-rising flour, 4 tablespoons suet, a pinch of salt, $\frac{1}{2}$ teaspoon pepper. Mix the dry things together, and make all into a stiff paste with $\frac{1}{2}$ teacupful cold water. Divide the paste into 2 pieces, making 1 piece larger than the other. Roll each piece of paste into a round scone. Put the larger scone into a buttered bowl; then put in all the meat and a teacupful of water. Wet edges, cover with top piece. Make a small hole on the top of the paste. Cover with buttered paper, and steam 3 hours, or dip a pudding cloth in boiling water, flour well, and tie on tightly. Cover it plentifully with boiling water, taking care that the bowl is filled with the meat and high in the middle, or water will get in and spoil the pudding. Boil 3 hours at least.

Boiled Round of Beef.

Take about 12 lbs. of the silver side of the round of beef after it has been in salt about ten days. Just wash off the salt; skewer it up in a nice round form, and bind it with tape. Put in a saucepan boiling water sufficient to cover the meat. As it begins to boil, carefully skim. Then simmer gently till done, about 3 hours after the water boils. Remove tape and skewers, which should be replaced by a silver one; pour over a little of the liquor, and garnish with carrots. Carrots, turnips, parsnips, and sometimes suet dumplings accompany this dish, and these may all be boiled with the beef.

The outside slices may be cut off before being sent to table and potted for breakfast.

Bomb-Shell.

(From an old Soldier of 1820.)

$1\frac{1}{2}$ lb. Steak, cut in small pieces, and rolled in the following mixture:— $\frac{1}{2}$ teaspoonful Pepper, 1 teaspoonful Salt, 2 teaspoonfuls Flour. To make the Paste—1 lb. Flour, 1 teaspoonful carbonate of Soda, 1 teaspoonful Cream of Tartar, 2 oz. Butter, a little Pepper and Salt.

Mix with a little milk into a firm paste, then cut in two pieces, 1 large and 1 small piece. Roll out large piece into a round scone; put the steak in centre, and gather up the paste. Put a little water

inside ; roll out the small piece, and put it on top ; tie in a pudding cloth, and boil for 3 hours. This is very appetising and economical.

Cold Beef and Tomato Pie.

4 small Tomatoes, $\frac{1}{2}$ lb. cold Boiled Beef, 1 Egg, Parsley, $\frac{1}{2}$ gill Stock, Pepper and Salt.

Cut tomatoes into slices, and beef into neat small pieces, removing skin and gristle. Arrange in alternate layers, and pour over beaten egg, mixed with stock, like custard (not too full). Dish is lined round sides with pastry, edges being well covered, and strips of paste arranged diagonally over top. Then cover edge all round and mark neatly. Glaze with egg or milk, and bake $\frac{3}{4}$ hour.

Devilled Beef.

Take a few slices from cold Roast Beef; a tablespoonful of Mustard, a pinch of Salt, a little Worcestershire Sauce, and a teacupful of Water.

Mix these to a cream ; spread over the beef ; broil before a clear fire ; a few drops of strong gravy poured round the base.

Fillet of Beef.

Cut some fillet of beef into rounds 1 in. thick and $2\frac{1}{2}$ in. in diameter. Beat well. Sprinkle with pepper and salt and fry, turning constantly. When cooked, place neatly on a dish, brush with glaze and sprinkle thickly with fried parsley, and, if liked, horse radish. Fillet of Beef should not be over-cooked, but served with centre of meat red and juicy.

Fillet of Beef with Mushroom.

Cut 1 lb. fillet in rounds 1 in. thick and 3 in. diameter. Cook in front of clear fire or on grid ; a piece of fat under and above each round fillet keeps it juicy. When cooked, place them on rounds of tomato slightly fried, and on top of each fillet, one large fried mushroom, with a ball of green butter in the centre of each mushroom. Place on hot dish, in the centre of which is a purée of spinach.

Fillet of Beef (à la crème).

Get fillet of roasting beef ; remove fat and skin. Sprinkle over pepper and a little salt. Skewer it into nice shape, and lard it with fat bacon. Place it on baking tin ; place over meat a large piece of butter, and cook it slowly in the oven, basting frequently. ($\frac{1}{2}$ lb. beef takes half-an-hour to cook). When ready, pour off fat, and pour round beef 1 gill cream. Place tin on slow fire to heat cream thoroughly, and baste meat with it. Place meat on dish with cream round it. Cream will be a pale brownish colour, because of the fat which adhered to tin, and because of basting meat.

Cold Roast Beef.

Beef should be cut in slices, the gravy brought to boiling point, and the slices dipped in just long enough to heat. Stewing toughens it, unless gently simmered 1 hour.

Pressed Beef.

5 or 6 lb. Beef, thick flank, pickled; Mixed Vegetables. Glaze, Aspic Jelly.

If the beef has been long in pickle, wash it, put into a pan of cold water, bring to the boil and skim ; add a few sliced vegetables, and simmer slowly about 2 hours. Lift out, remove bone, press with a weight on top. When quite cool wipe off grease, and cover with

glaze. Dish and garnish with aspic and parsley. The beef may be decorated with a little butter beaten till creamy and put into a forcing bag and tube.

Roast Beef.

$\frac{1}{4}$ hour to each lb. Heat tin in oven, and when hot, place beef on rack. Baste well. Always have some water in oven to keep atmosphere moist. To dish, lift meat from tin, pour off fat, leaving sediment in tin. Add to it, $\frac{1}{2}$ teaspoonful bovril, good pinch salt, and cupful water. Stir over fire till boiling. (You have delicious gravy if you dredge beef well with flour when half cooked.)

Steamed Beef.

Take 4 lb. of lean beef, free from bone. Cut some narrow strips of bacon, and with a sharp-pointed knife insert them into beef, making small holes in the steak for the purpose. Cut up three large onions, and lay them in bowl. Rub a little salt over the beef and lay it on the onions. Place bowl in pan of boiling water half way up, and steam 4 hours. When served, the meat will be deliciously tender, and there will be plenty of rich gravy.

Brawn.

$\frac{1}{2}$ Pig's Cheek, 1 Tongue (cured slightly). Seasoning—Pepper, Salt, Mace.

Boil till tender. Cut in inch squares and put into a presser with a sprinkling of the above seasoning between each layer. Turn out when cold.

Brawn (Russian).

$\frac{1}{2}$ lb. minced Beef, $\frac{3}{4}$ pint Gravy, $\frac{1}{2}$ oz. Gelatine, Salt, Pepper, Ketchup or Worcester Sauce.

Make the gravy hot, dissolve gelatine in it, add minced meat and seasoning to taste. (Instead of gelatine you may use $1\frac{1}{2}$ oz. of sago boiled till clear.) Wet a mould or basin and pour in mixture; set it aside till firm. Before turning out, put it in hot water. Decorate with parsley.

Boiled Corned Beef.

(If to be eaten hot, the round is best. If cold and pressed, the brisket, flank, and ribs will do.) Wash and put in cold water. Allow $\frac{1}{2}$ hour to the lb. after it begins to boil. Let it stand in water till nearly cold. Take out all bones from thin piece, wrap in a cloth and put on large plate, with plate over and weight on top (flat irons will do). Let it stand over night. Or, pick meat apart, fat and lean evenly mixed, and pack into a pan with plate set on top, then weight. You have thus marbled slices. Pressing always improves corned beef.

To Boil a Ham.

When boiling a ham or a piece of bacon, add a cupful of vinegar and 6 cloves. It will be found to have a most delicious flavour, and especially when cold. Remember also to keep in pot over-night, which also improves flavour. Boil $\frac{1}{2}$ hour to the lb.

Boil charcoal in pot when boiling cabbage, onions, ham, and strongly-flavoured meat, and you will have no smell.

Hough and Macaroni.

This is recommended to those thrifty wives who like to make a piece of meat go as far as is consistent with nutritious feeding. Cut

up the meat ; allow $1\frac{1}{2}$ pints of cold water to each pound, put in a stewpan, bring very slowly nearly up to the boil, and then simmer gently, closely covered all the morning—say for 4 or 5 hours. Break up 2 oz. of macaroni for each pound of meat, and add it to the stew about 40 minutes before serving. Season with pepper and salt and a spoonful of chopped parsley, and serve with a good dish of potatoes. The macaroni looks much better if boiled apart and added to the stew at the last moment, but it does not absorb the gravy so well, nor is the result quite so satisfactory.

Hough for the Children's Dinner.

Slice the hough rather thickly, and lay it in a pie-dish, with a clove or two ; cover the meat with a medium-sized Spanish onion, cut in slices ; pour in enough water to cover the meat ; place a plate or old ashet on the top so as to cover closely, and bake in a moderate oven for 4 hours. Thicken the gravy, and season with pepper and salt. Serve with a wall of mashed potatoes.

Hough, Stewed (Shin of Beef).

This is more economical than stewed steak, is quite as nice, and contains more "staying" properties. Cut up your meat ; dust it lightly with flour ; put it into a stewpan with a good lump of dripping ; and shake briskly over a good heat till the meat is browned ; do this as quickly as possible, so as not to harden the meat. Then add cold water—a pint for every pound ; a peeled onion, stuck with a clove or two ; and a sprig of parsley, a bay leaf, some herbs, and a bit of lemon peel, all tied in a piece of muslin. Simmer slowly for 3 hours. Meanwhile, cut up some onion, turnip, and carrot into dice ; allow 1 or 2 breakfastcupfuls of each (according to taste and circumstances) to each pound of hough. If you have the time, fry these lightly in a pan with a piece of dripping—it greatly improves their flavour. About 1 hour before you wish to serve your stew, add the vegetables to it, and slightly increase the heat, but don't boil. Then at the last, stir in a good tablespoonful of ketchup or Worcester sauce, and, with a good dish of potatoes, you will have a dinner "fit for a king," which gives the maximum of nutriment at the minimum of cost.

Hot Pot.

2 Mutton Chops, 1 Sheep's Kidney, 1 Onion, Potatoes, cut in rather thin slices, 1 small spoonful Worcester Sauce, and a dessertspoonful Dripping or Butter, Salt and Pepper to taste.

Put a layer of the cut potatoes in the bottom of a dish strong enough to stand the oven, and rather deep. Then a layer of chops and kidney cut in pieces. Fill up with potatoes and onion cut in pieces, with sauce, and a little water. Cover with greased paper ; put in the oven for $1\frac{1}{2}$ hours.

Grilled Mutton Chops.

These should be cut, 1 inch or more in thickness, from the loin. Season with salt and pepper ; place a little butter or fat on each ; put under the gas grill when quite red, and grill on both sides, allowing 4 or 5 minutes for each side. Serve plain, or with a little fat or butter on each.

Breast of Mutton.

Take out bones and fat. For mixturo, take 6 tablespoonfuls grated bread, 1 do. parsley, 1 teaspoon herbs, 1 small onion, $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ do. pepper, 1 egg, and a little milk. Roll up mutton after spreading this mixture over; tie. Brown in stewpan with a little dripping; add 1 onion and breakfastcup water. Stew $1\frac{1}{2}$ hours.

Lucerne Mutton.

Bone a well-hung loin of mutton; scatter over it pepper and salt and a little pounded mace, and set aside till next day. After having pared off some of the fat, lay the joint on a board, fat downwards, and beat it as you would a steak. Have some good hare stuffing ready, and spread a layer of it over the meat, then a layer of sliced ham. Roll it up, bind tightly with tape, and sew up the ends. Roast till about half cooked, and let it then drain free of fat. Place the meat in a saucepan with some gravy, and simmer it for $1\frac{1}{2}$ hours. Dish the joint, taking the fat off the gravy. Thicken with a little butter rubbed in flour, and strain over the joint. Serve stewed spiced prunes with this dish.

Roast Shoulder of Mutton (with Tomatoes).

Stuffing—Teacupful of Bread Crumbs, $\frac{1}{2}$ teacupful of Suet, tablespoonful of Parsley, do. mixed Herbs, grated Rind of Lemon and the Juice, $\frac{1}{2}$ teaspoonful of Salt, of Pepper rather less, yolk of Egg.

Place all dry ingredients in small basin; mix thoroughly, and add lemon juice and egg. Wipe mutton with a hot water cloth, take out bones, and spread stuffing; sew up, lacing, and leaving both ends to draw out when cooked. Oven should be very hot. Place on tin (with double dish, under one filled with water to absorb gases from meat), pour dripping over it, and baste frequently until the last $\frac{1}{2}$ hour, when it should be allowed to dry and become crisp. Place best side down. Cook 20 minutes to each lb., and 20 over (white meat, 30, and 30 over). Tomatoes should be sprinkled with salt after skinning them, and baked on a slightly greased tin 5 or 10 minutes. Dip in hot water to remove skin. Gravy— $\frac{1}{2}$ gill of brown stock, or warm water coloured with ketchup; seasoning of salt and pepper.

Steamed Mutton.

Put the meat into a basin, and put it into a saucepan with enough boiling water to reach half-way up the basin. Add pepper and salt to the meat, and allow $\frac{1}{2}$ hour to each lb. When cooked it will be beautifully tender. Send to table with caper sauce made from gravy that will be in basin.

Scotch Potted Meat.

Boil an ox cheek and two calf's feet (fore feet best). Stew slowly until meat comes off bones. Strain and chop meat finely. Season highly with pepper and salt. Mix with the gravy, boil again for $\frac{1}{2}$ hour, and then put into moulds. If properly made will keep a week.

OR,

A knuckle of hough (the knee joint) and 3 or 4 lb. of hough. Boil gently, strain, then mince meat finely, season, add mince to gravy, boil 10 minutes, and put in moulds.

Pot Pie (Cumberland).

Stew piece of shoulder of mutton in nice small pieces. Then lay in pie-dish with the gravy, sprinkle over finely-shred onion, pepper, and salt. Then lay over pared whole potatoes and bake quite 1 hour.

Roast Pork.

The loin, ham, and shoulder are the joints generally roasted. The pork should be young, and the skin finely scored. Stuff with pork stuffing, rub salt over the skin and roast, allowing 16 minutes to the pound. Serve with apple sauce.

Grilled Steak on Gas Stove.

$\frac{1}{2}$ lb. pope's eye Steak, $\frac{1}{4}$ inch thick; good teaspoonful Butter.

Place gridiron on top of grill to get hot. Rub over heated gridiron with bit of suet fat to make steak slip off easily. Melt butter on plate and dip steak well into melted butter on both sides. Hold it over a good fire for 8 minutes (a good heat at first as in roasting). Give 1 minute to each side; this bastes it. Hold steak out of flame. Ready when a nice brown colour, and no red at sides. Always serve potato chips with grilled steak. Tomatoes, good accompaniment. Serve on very hot plate, with salt and pepper sprinkled over, and potato chips round. Never press gridiron close, or press juices out of meat and put it out of shape.

Steamed Steak.

$1\frac{1}{2}$ lb. Steak, Onion, minced small, Flour, Pepper, and Salt.

Cut the steak into nice pieces for rolling up, dip each piece in the flour, pepper, and salt, and on each bit of steak put a little of the minced onion, and roll up. Lay the pieces in a basin, add a tablespoonful of water or stock and a little ketchup. Cover the basin with greased paper. Steam for $2\frac{1}{2}$ hours.

OR,

1 lb. Steak, and 2 Sheep's Kidneys.

Cut steak and kidney in nice pieces, and roll small piece kidney in each piece of steak. Dust over with flour, pepper, and salt. Put into basin with 1 tablespoonful water. Steam for 3 hours.

Stewed Steak.

Take some pieces of beef suet and put in stewpan till pretty hot. Add a large onion, sliced, and fry for a little; then add 2 sheep's kidneys, cut in pieces, and 2 lb. steak, also cut in convenient pieces, and well floured (with pepper and salt added to flour); keep turning till brown. Cover with boiling water, and stew slowly for $1\frac{1}{2}$ or 2 hours. Keep lid close, but shake pan often to prevent burning.

Stewed Steak, with Balls.

1 lb. stewing Steak, 1 Onion, 1 Carrot, $\frac{1}{2}$ Turnip, dessertspoon Vinegar, tablespoon Flour, and a little Pepper and Salt, 3 breakfastcups cold Water.

Cut meat in small pieces, and put in pan with shred onion. Sprinkle over pepper, salt, and vinegar. Add flour in a little water, and stir till nearly boiling. Simmer gently while you make balls—4 tablespoons flour, 2 tablespoons finely minced suet, a little salt, and cold water. Cut mixture in small pieces. Simmer 2 hours.

Stewed Steak, with Tomatoes.

1½ lb. Steak, cut thick, 3 Tomatoes, a few Biscuit Crumbs, Pepper, Salt.

Have the steak cut very thick; make 2 deep cuts in it, and fill with the crumbs. Put it in the saucepan, and cover with the tomatoes, cut in slices; sprinkle a little pepper and salt over. Allow it to stew very slowly 2 hours.

Australian Stew.

Cut up steak in neat square pieces, stew in the usual way slowly, adding pepper and salt, a green apple sliced, a little curry, and small spoonful jam. Serve hot, with border of boiled rice.

Boiled Tongue.

Smoked tongue is best. Wash and soak all night. Put on in cold water, and boil 4 hours. Take out, peel and return to pot to cool. Cut in lengthwise slices, more tender so. The root may be chopped fine and seasoned like devilled ham.

Jellied Tongue.

1 large boiled Tongue, 1½ oz. Gelatine dissolved in ½ pint Water, 2 teacups rich browned Veal Gravy, 1 bunch savoury Herbs, 1 tablespoon Sugar, 1 tablespoon burnt Sugar for colouring, 1 tablespoon Vinegar, 1 pint boiled Water, 1 hard-boiled Egg.

Put together gravy, sugar, vinegar, burnt sugar dissolved in a little cold water, and the herbs. Add to this the gelatine, then the boiling water, and strain through cheese-cloth. Let the jelly cool and begin to thicken. Wet a plain mould with cold water, put a very little jelly in bottom, and arrange slices of hard-boiled egg in it. Pour in a little more jelly, then a layer of tongue, more jelly and tongue, and so on till mould is full. Cover and set in cool place till quite firm. Remains of cold tongue or fowl may be used so, only using less jelly. To turn it out, dip mould in hot water for an instant, invert upon a dish, and garnish with parsley. In serving, cut with thin knife perpendicularly.

Veal or Beef Roll.

1 lb. of Steak or Veal, ½ lb. fat Ham or Bacon, ¼ lb. Bread Crumbs, ¼ of a Nutmeg, grated well; Salt and Pepper to taste; a little Cayenne is an improvement.

Mince and mix well together. Add 2 eggs and roll in the shape of a long sausage. Tie it very tightly in a cloth previously wetted and floured. Put it in hot water and boil 3 hours. When quite cold, glaze well all over and serve. Make the glaze with a dessertspoonful of gelatine dissolved in ¼ pint of water and a little browning; or, if served hot, roll it in bread crumbs instead of glazing it.

Bewitched Veal.

Chop very fine 3 lb. of Veal taken from the leg, 4 oz. Pork, 1 breakfastcupful of Bread Crumbs, 3 teaspoonfuls Salt, 1 teaspoonful black Pepper, a dash of Cayenne, a pinch of powdered Cloves.

Mix up with the whole 2 raw eggs, well beaten; put into a mould; cover closely, and steam 2 hours. Then put the mould into the oven for a short time to dry, with the door open. When cold, turn out and cut in thin slices, garnishing with sprigs of parsley and transparent slices of lemon.

Breast of Veal (Braised).

Bone breast of veal. Fill with forcemeat (No. 2. See under Sauces, &c.). Roll, and sew nicely up, keeping in all mixture. Place in saucepan with cold water and vegetables. When ready, in about 1½ hours, take meat out and brown in oven for a little. Then place on dish, pouring round it gravy of $\frac{1}{2}$ pint of stock, in which veal was stewed, to which a little browning is added.

Roast Fillet of Veal (Stuffed).

Remove bone from fillet, and fill the hole with forcemeat (No. 2). Skewer or tie fillet securely. Sprinkle with flour and lay buttered paper over. Bake for about 2 hours, or according to size of fillet. Garnish with cut lemon. For gravy—To sediment in tin, add 1 teaspoonful flour. Stir over fire till nicely browned. Then add cupful water or stock, and stir till it boils. Add pepper, salt, and a little lemon juice.

Stewed Veal.

Put about 4 lb. veal (the chump of the loin or part of the leg is best for this stew) into pan with 1 quart of stock, 1 small onion, shred, 2 teaspoons salt, one of white pepper, the juice and thin rind of a small lemon, and a tablespoonful moist sugar. Stew 2 hours. Then take out the meat and allow the gravy to stand till the fat rises, skim it off, and strain the gravy into a pan, put in the veal, and as soon as it is hot, serve with fresh or pickled cucumber.

To Pot Veal.

Put a few lbs. of a cold roast fillet into a baking dish with 2 teaspoonsfuls salt, one of pepper, and one of pounded mace. Lay over 2 oz. butter and a breakfastcupful of water, and bake for 2 hours. Then pound the veal in a mortar with a little gravy from the baking dish, till quite smooth; put in pots and cover with clarified butter.

Tough meat is made tender by lying a few minutes in vinegar and water; or, mix 1 tablespoonful best olive or salad oil and the same of vinegar together. Lay meat in it, rubbing the liquid well into the meat with the back of a wooden spoon. Leave it so for a time.

GAME and POULTRY.

Game or Poultry may be preserved for a long time by tying a tight string round the neck to exclude the air, and putting a piece of charcoal into the vent. A sprinkling of freshly-ground coffee will keep game sweet for several days. When stuffing a fowl which is to be roasted insert stuffing the night before, and the flavouring will penetrate through the whole bird.

To clean a fowl, pick out all the pin feathers with blade of small knife, turn back the skin of the neck, loosening it with the finger and thumb, and draw out the windpipe and crop, which can be done without any cut. Turn the fowl on its back and make a good large cut just under the vent; and by working fingers in slowly, keeping them close to body, remove whole of intestines in a mass, being careful not to break gall-bag, which is near upper part of breast-bone and attached to the liver. Dip a cloth in hot water, and wipe out fowl from both ends and dry it well. If an old fowl, with strong smell, dissolve a teaspoonful soda in warm water; wash in this, then in cold water, and wipe dry.

A very old fowl can be made as tender as a chicken if cooked as follows:—Rub the fowl first over with lemon juice, which whitens the flesh and improves the flavour. Then wrap in buttered paper and steam for 2 or 3 hours according to size. The flesh of an old fowl is more nourishing than that of a young one, and quite as delicious if cooked like this. The fowl may be roasted after being partially steamed.

Chicken or Fowl Pie.

2 small Fowls or 1 large one, White Pepper and Salt to taste, $\frac{1}{2}$ teaspoonful grated Nutmeg, $\frac{1}{2}$ teaspoonful pounded Mace, a few Force-meat Balls, a few slices of Ham, 3 hard boiled Eggs, $\frac{1}{2}$ pint of Water, Puff Crust.

Skin and cut the fowl up into joints, and put the neck, leg, and backbones into a stewpan with a little water, an onion, a bunch of savoury herbs, and a blade of mace; let these stew for about an hour, and, when done, strain off the liquor; this is for gravy. Put a layer of fowl at the bottom of a pie-dish, then a layer of ham, then one of forcemeat and hard boiled eggs cut in rings; between the layers put a seasoning of pounded mace, nutmeg, pepper, and salt. Proceed in this manner until the dish is full, and pour in about $\frac{1}{2}$ pint of water; border the edge of the dish with puff crust, put on the cover, ornament the top, and glaze it by brushing over it the yolk of an egg. Bake from $1\frac{1}{2}$ to 2 hours, and when done pour in at the top the gravy made from the bones. If to be eaten cold, and wished particularly nice, the joints of the fowl should be boned and placed in the dish, with alternate layers of forcemeat or sausage meat. It should be covered with a piece of paper when half done, to prevent the paste being dried up or scorched.

Chicken Cutlets.

Mince and pound well about half of a cold chicken and a few mushrooms; add a little grated nutmeg, pepper, salt, and the white of an egg. Have 6 or 8 mutton cutlets ready, and dip them first in egg, then spread the mince over both sides. Egg again, and bread-crumbs, then fry in boiling lard till a nice brown. Serve hot, and garnish with parsley and mushrooms.

Curried Chicken, Veal, or Rabbit.

1 Chicken, 2 tablespoonfuls Cocoanut, 1 tablespoonful Lemon Juice, 1 Onion, $\frac{1}{2}$ teaspoonful Sugar, 2 oz. Butter, 2 tablespoonfuls Curry Powder, $\frac{1}{2}$ pint Gravy or Stock, 1 teaspoonful Salt.

Joint chicken neatly, and fry a light brown in the butter. Remove from pan and fry the onion, sliced, add all other ingredients except lemon juice. Put back chicken and simmer $\frac{1}{2}$ hour. A fowl or rabbit will take $1\frac{1}{2}$ hours. Add lemon juice, and serve with a dish of rice.

Fried Chicken.

Dip slices of cold chicken in egg and bread-crumbs and fry in boiling fat. Dish with a few mushrooms in centre, or some stewed tomatoes.

Chicken Meringues.

Take the legs and wings of a roast chicken and dip in batter made as follows:—3 spoonfuls of flour, 1 tablespoonful baking-powder, wet with sweet milk to the thickness of a thick cream. Switch yolk and white of an egg separately. Take a few leaves of parsley chopped, pepper, and salt. Add to the batter, and fry in a pan of boiling lard. Serve with fried parsley, and garnish with tomatoes.

Minced Chicken and Eggs.

Remains of cold Fowl and stuffing, 1 Onion cut fine, 1 teacup Milk, 1 tablespoon Flour, Parsley, Pepper, Salt, Bread Crumbs, Eggs to cover top of dish.

Cut the meat into neat squares; stew bones, skin, &c., with enough water to cover them, for 1 hour or more. Strain, let it stand for fat to rise, skin, and return to pan. When nearly boiling, add thickened milk and seasoning. As soon as it thickens, put in the chicken; let it get hot, but not to boil. Butter deep pie-dish. Cover bottom with stuffing crumbled up, wet with a little gravy, and pour in mince. Strew bread crumbs over, and lay the eggs, broken in separate cups, carefully over the surface. Strew very fine crumbs over these, put some butter, pepper, and salt on each egg, and bake in quick oven till top begins to bubble and smoke. The whites of eggs should be well set, and yolks soft.

Veal in same way, a little ham added.

Roast Chicken or Fowl.

Singe, and truss by cutting the legs off at first joint. Make an incision in the wings, and put the gizzard under the left wing and the liver under the right. Make stuffing of 3 ozs. bread crumbs, 2 ozs. suet, a few leaves parsley (chopped), pepper and salt, and 1 egg. Draw up the legs under the wings and stuff chicken in breast. Dredge flour over, or place a buttered paper over fowl, and baste frequently. Time to roast, 1 hour. Serve with good brown gravy and bread sauce.

Savoury Chicken.

Skin the chicken, taking away all fat, &c. Cut in pieces about 4 in. long. Have ready in stewpan 1 lb. onions, previously fried in butter. Put chicken in, with $\frac{1}{4}$ lb. butter, a few cloves, a pinch of ground ginger, pepper, and salt. Mix well, and add $\frac{1}{4}$ pint new milk. Stew gently 1 $\frac{1}{2}$ hours, adding a little milk if required. Serve with boiled rice.

Timbale of Chicken.

$\frac{1}{4}$ lb. Macaroni, 1 Egg, $\frac{1}{2}$ Chicken, a little Milk, 2 oz. Ham, Pepper and Salt, 1 teacupful Bread Crumbs, a little Ketchup.

After boiling the macaroni, line a plain shape or bowl with it. Chop or mince up chicken and ham; add bread crumbs, salt, and pepper; beat up the egg with the milk and ketchup, and mix all thoroughly. The mixture should be moist. Put carefully into shape, cover with buttered paper, and steam for 1 hour.

Country Captain (Indian Recipe).

Cut fowl or rabbit in small pieces. Shred onion small, and fry in butter. Sprinkle fowl with flour, salt, and curry powder, and fry brown. Then add pint of stock. Stew slowly to half quantity, and serve with rice. Slice 3 large Spanish onions very fine, and blanch, and slice 30 almonds. Fry both to a pretty light brown, and until quite dry. Sprinkle these over the above stewed chicken or rabbit.

Ducklings and Green Peas.

Roast a couple of ducklings in an oven for an hour, then put a tablespoonful of butter in a large stewpan and brown it slowly, dredging in flour and stirring with a wooden spoon until it browns; put a breakfastcupful of water in, and a little salt and pepper; when it boils up lay in the ducklings and a quantity of green peas; let all stew, closely covered, for another hour; dish with the peas round the ducklings.

Stewed Duck.

1 Duck, 2 Onions, Sage, Thyme, Butter, Flour, Pepper, Salt, Beef Gravy, Dripping.

Brown duck and fry onions 20 minutes. Pour out dripping, put in beef gravy to cover duck, add herbs minced, and simmer till tender. Strain, and thicken gravy with a little butter and flour. Bring to boil. Pour 1 $\frac{1}{2}$ pints green peas round duck.

Boiled Fowl.

Prepare fowl nicely and place in well-buttered paper. Place in boiling water, with 1 onion, 1 carrot, 1 turnip, teaspoonful salt, a bunch parsley, and 1 bay leaf. Simmer gently according to size; a chicken about $\frac{1}{2}$ -hour, a full-sized fowl 1 hour.

For sauce which is poured over fowl, melt 1 oz. butter, stir in gradually 1 oz. flour, add $\frac{1}{2}$ pint milk. Thicken and add the chopped-up whites of 2 hard-boiled eggs. Grate the yolks over sauce on top of fowl and garnish round with parsley.

Galantine of Fowl.

Take fowl, lay it on its breast and cut straight down the middle, then as close to the bone as possible, so as to take all meat from bones, leaving only wing bones. Then prepare stuffing— $\frac{1}{2}$ lb. sausages, small tin mushrooms, 1 teaspoonful parsley, white pepper, and

salt, 3 tablespoonfuls bread crumbs, and 1 beaten egg. Mix and lay in fowl. Bury two hard-boiled eggs lengthwise in stuffing. Now draw skin of fowl over, and sew tightly together.

To Roast Game.

Truss, dust with flour, and put inside a piece of butter rolled in pepper and salt. Place on a rack in a tin with some butter, and baste well with the butter every 7 or 10 minutes all the time the bird is cooking; about $\frac{1}{2}$ hour for a partridge. For woodcock or snipe 15 or 20 minutes is long enough. When cooked have ready a piece of toast buttered on one side. Lift the bird from the tin. Pour the fat away, but keep back the sediment in the tin and put it on the hot toast to flavour it. Place the bird on the toast, and it is ready to serve with chipped potatoes and brown breadcrumbs, handed separately.

Dressed Game.

1 fresh Partridge, a few tablespoonfuls Water or light Stock, Salt.

Take the breast and remove skin and any fibres or sinews, and mince very fine. Put it in pan with the water and salt. Stir and simmer gently for $\frac{1}{2}$ hour. Hare can be done in same way, and will be found very easy of digestion.

Game Shape.

Take remains of cold grouse or any game; pick off all the pieces of meat; pound and season, and roll into small balls. Boil the bones well down; add to $1\frac{1}{2}$ pints of stock a sixpenny packet of gelatine, Worcester sauce, ketchup, salt, 1 white of egg, well beaten, and boil, and strain through muslin. When cool, slip in balls and hard-boiled egg. Pour into a tin mould, and turn out in usual way.

Game (Potted).

Remains of cold Game, pounded Mace, Allspice, Cayenne, Black Pepper, Salt, lump Sugar, Ham or Butter.

Free the game from skin and bone, and pound it in a mortar; then add the seasonings. Pound an equal quantity of cold ham, or, if not at hand, the same amount of butter. Mix thoroughly, press into pots, and cover with clarified butter. When required for use, garnish with fresh parsley. Seasonable at any time.

Roast Goose.

1 medium-sized Goose.

Prepare goose, stuff the body of the bird well with sage and onion stuffing, then tie the ends of the legs together. Cover with fat and roast slowly, allowing 12 minutes to each pound. If not browning sufficiently well, dredge over with flour in the last $\frac{1}{2}$ hour. When done, pour the fat from the tin, add to what is left 1 tablespoonful flour, $\frac{1}{2}$ pint good stock made from the giblets, salt and pepper. Boil up, pour a little round the goose, and serve the remainder in a tureen. Serve with apple sauce.

Haricot of Hare.

Take the inferior Joints of a Hare, 1 tablespoonful of Butter, Parsley, Thyme, 1 Shallot, 1 Turnip, 1 Carrot, Pepper and Salt to taste.

Fry the pieces of hare in the butter; add to them the other ingredients, along with 1 pint of water. Bring to boil, and simmer for $2\frac{1}{2}$ hours. Serve on a hot dish, with a border of mashed potatoes.

Jugged Hare.

The best Joints of a Hare (the inferior joints may be made into soup), 1 tablespoonful Butter, 4 breakfastcupfuls of good Stock, a small piece of the stick of Cinnamon, a few Cloves, 1 Bay Leaf, the juice of a Lemon, Salt to taste.

Cut the hare into nice joints about the size of a hen's egg. Wash well, and dry. Melt 1 tablespoonful of butter in a stewpan, and fry the pieces of hare very well. Drain, and put into a wide-mouthed jar; cover over with stock, and add the seasonings. Cover with a thick greased paper, and steam for 2 hours. Serve with red-currant jelly.

Roast Hare.

Skin, empty, and wash the hare. Stuff with good forcemeat; sew it up, and truss it, after which cover it well over with slices of fat bacon. Roast for about an hour, and serve with good brown sauce.

Sauce.—1 teacupful bread crumbs, 2 teacupfuls milk, 1 dessertspoonful butter, 1 onion, a pinch of cayenne, salt to taste, 1 teacupful stock, 1 teaspoonful red-currant jelly. Stew the onion in the milk; strain, and pour over the bread crumbs. Allow them to soak a little. Then add the other ingredients, and boil for 10 minutes.

Remains of Hare.

To use up remains of Hare, take $\frac{1}{2}$ lb. of fat Bacon, 2 breakfastcupfuls Bread Crumbs, some Gravy or Stock, 4 Potatoes mashed, 2 tablespoonfuls Ketchup, Salt and Pepper to taste, 1 tablespoonful of Butter.

Chop up the pieces of hare, and fry the bacon. Put a layer of bacon into a deep pie-dish, then a layer of bread crumbs, then a layer of hare mixed with a little mashed potatoes. Over this pour sufficient gravy or stock to prevent the pie becoming dry. Proceed in the same manner until all the ingredients are used up and the dish is filled. Finish off with potatoes on the top. Smooth nicely, and ornament. Put little pieces of butter here and there over the top, and bake for 20 minutes.

Pigeon Pie.

If to be eaten hot, have nice flaky crust. If intended cold, short crust, preferably, and should be equally rich or nearly so. Butter dish, and lay crust round sides and round edges. At bottom of dish, place a fine beef-steak, seasoned with pepper and salt, then the birds rubbed with pepper and salt inside and out, and a piece of butter in each. Some add the liver chopped up, with parsley. Observe to lay the breasts downwards to keep them juicy. A bit of ham is sometimes laid on each pigeon, and a hard-boiled egg between every two, but neither of these is necessary. Put $\frac{1}{2}$ pint gravy, and have ready a little more to pour in boiling hot at top when cooked. Season the gizzards, and, if you cut them off, two joints of the pinions, and lay in middle of dish. Lay on top crust, and make hole in centre, wherein may be stuck some of the feet, nicely cleaned. Brush over with beaten yolk of egg, and bake $1\frac{1}{2}$ hours, if not very large.

Pigeons (Stewed) and Mushrooms.

2 Pigeons, 2 oz. Butter, $\frac{3}{4}$ oz. Flour, $\frac{1}{2}$ teaspoon Salt, $\frac{1}{2}$ teaspoon Pepper, 1 tablespoon Mushroom Ketchup, 1 teaspoon Worcester Sauce, $\frac{2}{3}$ pint Stock, and $\frac{1}{2}$ lb. Mushrooms.

Truss pigeons as for roasting, then roll in seasoned flour. Melt butter in pan, and fry till brown. Remove from pan, and stir re-

mainder of flour into butter; add pepper, salt, ketchup, sauee, and stock by degrees. Stir till boiling, and boil 3 minutes. Let sauce cool a little, then put pigeons back. If put in when hot, pigeons would be tough and indigestible. Simmer very gently till quite tender. Put mushrooms on small baking tin, season with pepper and salt, and put over each mushroom a small piece of butter. Bake $\frac{1}{2}$ hour, and 10 minutes before serving add to pigeons. Put pigeons in eentre of dish, with mushrooms round. Garnish with lemon and parsley.

Stewed Pigeon.

Roll piece of butter size of egg in flour, pepper, and salt, and place inside pigeon. Plaee a bed of vegetables in pan, lay in pigeon and simmer 1 hour. Put pigeon on tin, dust flour over and brown before fire or in oven. Strain sauce from vegetables. Add teaspoonful ketehup, pepper, and salt. Serve on toast.

Pigeons or Partridges (to be eaten cold).

Prepare as for roasting. Season the inside, and put in a lump of butter. Put into a jar with some pale-coloured stock reduced to a jelly, and more seasoning according to taste, with about $\frac{1}{4}$ lb. of butter to each bird. Tie your jar closely down, and put it in the oven for an hour or longer, until the birds are tender. They should be covered with the stock and butter. Do not uneover the jar till the birds are wanted; then they will keep for several days. Garnish with jelly and parsley.

Cream of Rabbit.

Put rabbit into stewpan, with some butter only. Cook for about 20 minutes, turning it over frequently to prevent it getting brown. Then pick the meat off the bones, and pound it well in a mortar, and pass through a sieve (wire). Then mix in $\frac{1}{2}$ pint of cream, with pepper, salt, and nutmeg to taste, and add a small quantity of melted gelatine. Put into a mould and steam 1 hour. Do not turn out till cold. Sauce may be made from the bones of rabbit, well seasoned, with a little gelatine (dissolved) to stiffen it. Garnish with aspic jelly and parsley.

Rabbit Stewed (Whole).

Take a good-sized rabbit, and wash well; take out the liver and mince it small; parboil a large onion, mince and add to the liver. Take enough oatmeal or bread crumbs, according to taste, to stuff the rabbit, mix with the onion and liver, and add enough hot dripping to make the ingredients adhere to each other. Stuff the pauneh, sew up, and stew gently for 2 hours. This is also exellent roasted, but must be frequently basted.

Rabbit Patties.

Make panada with 1 oz. flour, and 1 oz. butter, and 1 gill milk, cooked over fire till smooth. Season with pepper and salt. Add chopped rabbit, about 4 tablespoonfuls, and 1 tablespoonful cream. Make some pastry patties. Fill up and put tiny lid of pastry on each.

Rabbit Pie.

1 young Rabbit, $\frac{1}{4}$ lb. fat Bacon, about 1 breakfastcupful of Stock or Water. 1 teaspoonful Salt, $\frac{1}{2}$ teaspoonful white Pepper, $\frac{1}{2}$ te' spoonful powdered Mace, a bit of Puff Paste made from 3 ounces Butter and 6 ounces Flour.

Cut the rabbit into 10 or 12 pieces, wash well in salted water, and dry. Split the head, and plaee in a small pan along with the

heart, liver, and kidneys. Cover over with water. Simmer for an hour. If desired, an onion may be added. This will make sufficient stock for the pie. Place the pieces of rabbit and bacon in a pie-dish, sprinkle the seasoning among them, and pour over all the stock. The dish ought to be about three-fourths full. Cover with a plate, and place in a hot oven to cook for almost an hour. Meanwhile prepare the paste. (It is better to cook the rabbit for this time before placing the paste on the top, as the latter cooks perfectly in $\frac{1}{2}$ hour, and it hardens if kept longer in the oven.) Remove the pie-dish from the oven, allow it to cool a little, then cover and ornament. Bake for another $\frac{1}{2}$ hour. This is for $1\frac{1}{2}$ hours altogether. Minced parsley may be sprinkled over paste just before finished baking.

Rabbit Pudding.

The ingredients for this dish are exactly the same as for rabbit pie, except the paste is made from $\frac{1}{2}$ lb. suet, $\frac{1}{2}$ lb. flour, and $\frac{1}{2}$ teaspoonful baking powder. The method is a little different. Grease a pudding basin and line with paste. Fill up with rabbit, bacon, seasoning, and stock. Cover with paste, put a greased paper on the top, and steam for 2 hours.

Minced Rabbit.

1 Rabbit, 1 teaspoon Salt, $\frac{1}{2}$ teaspoon white Pepper, 1 saltspoon grated Nutmeg, $\frac{1}{2}$ Lemon, 1 slice Ham, 1 breakfastcup Milk, 1 teaspoon Corn Flour, 1 or 2 Eggs.

Boil until tender, carefully remove the flesh from the bones. Mince very finely. Boil the ham for $\frac{1}{2}$ hour, and chop finely. Put the milk in a stewpan along with the seasoning, the ham, and rabbit, and the eggs, well beaten. Stir over a slow fire constantly until the mixture is thoroughly heated. Then squeeze in the lemon juice. Turn on a hot dish, and serve with piece of fried bread.

Rabbit or Veal Mould.

One knuckle of Veal or one Rabbit, small Onion, blade of Mace, 4 Cloves, 10 Peppercorns, a little grated Nutmeg, tablespoonful Vinegar, a little Lemon Juice, 1 Egg, Pepper and Salt.

Cut the veal or rabbit into joints, place in a stone jar with sufficient water to cover, add the spices tied in muslin, the onion whole, vinegar, lemon juice, pepper, and salt. Let this cook till the meat is tender. Boil the egg hard, cut it into slices, and decorate a mould with them. Strain the liquor and boil till reduced one half, add a little dissolved gelatine, pour over the meat, which must be covered by it, and allow to stand all night to set. Turn out carefully, and serve with parsley or chopped aspic jelly.

Roman Pudding (a rich Breakfast Dish).

Butter a round tin and sprinkle with bread crumbs or vermicelli. Then line it with a good paste. Boil some macaroni well, and cut what you require into small pieces. Take equal quantities of it and cooked chicken, breast and flesh, mixed with a teaspoonful of chopped parsley and a little chopped onion, 2 oz. of grated cheese (parmesan). Make all moist with white sauce, and put into your paste. Wet the edges and cover with paste, and bake about an hour in a good oven, so that the paste may be brown underneath. Turn out on a dish, and serve with good brown gravy round it.

Spanish Stew.

1 Rabbit, jointed, $\frac{1}{2}$ lb. Bacon, 2 Spanish Onions, $\frac{1}{2}$ teaspoonful Savoury Herbs, $\frac{1}{2}$ teaspoonful Pepper, 1 do. Salt, $\frac{1}{2}$ pint Water.

Cut ham, place half of it in small slices in bottom of pan. Slice one onion thinly over. Sprinkle a little pepper and salt, then rabbit. Dredge flour over, then savoury herbs, the second onion and ham. Pour over $\frac{1}{2}$ pint hot water. Put lid tightly on, and stew very slowly 2 hours.

Boiled Turkey.

Put into boiling water, simmer slowly $1\frac{1}{2}$ hours, or more, according to size of bird. Cover with a good white sauce made from the water in which the turkey has been boiled. Leave white, or garnish with parsley or hard-boiled yolk of egg passed through a sieve. Celery sauce may be served with this dish.

Roast Turkey.

Force-meat, 1 to 2 lbs. Sausages, 1 pint Stock made from Giblets, $\frac{1}{4}$ lb. Fat Bacon, $\frac{1}{2}$ oz. Flour, Salt, Pepper.

Prepare and dress turkey, fill the loose skin of the breast with the force-meat, skewer down and cover with fat bacon or greased paper. Roast slowly, allowing 10 or 12 minutes to the pound. About $\frac{1}{2}$ hour before it is done, remove the bacon or paper, and hang over it the sausages. When done, pour the fat from the tin, add the flour, and stock, and seasoning. Boil up, add browning if necessary, and strain. Garnish turkey with the sausages, and serve with bread sauce.

Turkey Rechauffé.

Use 2 cupfuls of chopped parsley. Make sauce with $\frac{1}{4}$ cupful each of butter and flour, milk and stock, and $\frac{1}{2}$ teaspoonful of salt. Mix and beat 3 cupfuls of mashed potatoes, 3 tablespoonfuls of butter, 3 beaten egg yolks, and a little salt. Strain. Make potato rolls round the dish, and fill centre with layers of meat and sauce. Cover with bread crumbs, and brown.

Turkey Rissoles.

Mince very fine any white meat left from cooked turkey or chicken, with a fourth part of lean ham or tongue; add a quarter of the weight of meat, in fine bread crumbs, an onion which has been boiled in three waters till it is quite mild and finely chopped, a slice of butter melted, pepper, salt and nutmeg. Bind all with well-beaten egg. Cut out puff paste into any form; put a teaspoonful of the meat into each rissole; brush over with egg, and dip in fine crumbs. Fry brown, and garnish with fried parsley.

ENTRÉES, &c.

Hugon's Beef Suet is most convenient to have by you. Sprinkle a little salt on the bottom of the frying-pan, and the fat will not splash the stove or grate when frying meat, sausages, &c.

Brownéd Mince of Beef.

Remains of cold Roast, $\frac{1}{4}$ as much mashed Potatoes, 1 cupful Gravy, seasoning of Pepper, Salt, Mustard, and Ketchup.

Make all very hot in saucepan. Pile on dish, cover with bread crumbs, put little bits of butter over, and brown quickly in oven.

Minced Beef with Mushrooms.

1 lb. Steak, minced, $\frac{1}{4}$ pint Stock, small Onion, 2 oz. Butter, $\frac{1}{4}$ oz. Flour, 1 doz. Mushrooms, Pepper, Salt, 6 or 8 rounds of Bread, 2 inches across.

Fry minced onion in 1 oz. butter, add flour and stock, also steak, 4 mushrooms minced, and seasoning. Simmer slowly $\frac{3}{4}$ hour. Fry remainder of mushrooms in rest of butter, then the rounds of bread. Place a mushroom on each piece of bread. Place round ashet, and pour mince in centre.

Bubble and Squeak.

Cut in pieces convenient for frying, cold roast or boiled beef; add pepper and salt, and fry them. Have a cabbage boiled and chopped small, and fry with a little pepper and salt. Keep stirring, that all may be equally done; sprinkle over cabbage when taken from the fire a very little vinegar, only enough to give it a slightly acid taste. Place cabbage in centre of dish, and arrange meat neatly round it.

Cold Meat Cookery.

Take a pie-dish and put a layer of potatoes in bottom, then a layer of pieces of cold meat, then a layer of fried tomatoes and onions; continue thus until the dish is full; add two hard-boiled eggs and good gravy, in which put a little Worcester sauce; then cover with a crust made of butter and flour.

Mince Collops.

Put them into pan over a moderate fire. Stir them well with a fork till the pieces are quite separate, otherwise they will run into knots; cover them, but not more, with hot water, adding pepper and salt, and a little flour (which must be mixed smoothly with cold water before putting in). Simmer for at least $\frac{3}{4}$ hour. Longer time will not spoil them.

Croquettes.

There is no better way of using up scraps of cold meat, too small for many other dishes, than making them into croquettes. The foundation of all croquettes is a cream. For this put 1 oz. of butter into a stewpan; as it melts, dredge in 2 oz. flour, mix smoothly, and then add gradually a gill of milk. This must be stirred evenly over a gentle heat till it thickens to the consistency of thick cream, then turn on to a plate to cool. To $\frac{1}{2}$ pint of such cream removed from the

fire, but not allowed to get too cool, add a pint of very finely minced meat, which may be cold beef, mutton, veal, or poultry, or a mixture of all. If veal or poultry alone, a little lean ham should be added. Put in, too, a seasoning of grated onion, and 1 teaspoonful of finely minced parsley, or 2 teaspoonfuls of powdered mixed herbs. Stir and mix well and turn into an earthenware basin to cool. Meanwhile prepare $\frac{1}{2}$ pint of bread crumbs, and 2 eggs, well whisked and seasoned with salt and pepper. Shape the cooled meat into small sausage-like forms, dip them in the seasoned egg, roll them in the bread crumbs, place a few of them at a time in your frying basket; plunge into enough boiling friture to cover them; fry a light golden brown, and serve prettily garnished.

An Indian Curry.

1 $\frac{1}{2}$ lb. Beef Steak, 2 large Spanish Onions, 2 large tablespoonfuls Dripping. 2 large tablespoonfuls Pea Flour, 1 $\frac{1}{2}$ large tablespoonfuls Madras Curry Powder (Vencatechellum's), Salt to taste.

Slice onions very finely, brown them in the dripping in a stewpan—they will take 20 minutes to stew until a light brown. While these are stewing cut up the steak (or rabbit or chicken) into dice, trimming off all fat, gristle, &c., from steak, or disjointing the two latter as small as joints will permit. Mix curry powder and pea flour into a thick paste with a little warm water, stir to browned onions, mix cut-up beef and salt, and stir all well together. Pour boiling water over all, sufficient to cover the meat or poultry, and simmer the whole for 2 hours, or until quite tender. To this curry may be added 1 tablespoonful lemon juice or vinegar, and the milk of $\frac{1}{2}$ big cupful of dessicated cocoanut, which must be first soaked in boiling water for $\frac{1}{2}$ hour and then squeezed through a strainer. Serve curry very hot in a dish by itself, and some boiled rice in a separate dish. Curry and rice should always be eaten with a spoon and fork, and not a knife; therefore, the meat or poultry must be well cooked. If made with cold meat, stock must be used instead of hot water. Slices of any fish may be made into a curry, in which case the onions, curry powder, pea flour, and stock must all be boiled first for $\frac{1}{2}$ hour at least, and then the slices of fresh fish should be boiled in it, allowing sufficient time only for cooking the fish—7 or 8 minutes. Any good meat stock may be used for the above. Cold vegetables—the greater the variety the better—make a delicious dry curry, but then more good dripping must be used instead of any stock, and the whole, sliced up after being boiled, is fried in it, being stirred constantly till it looks brown and done. $\frac{1}{4}$ lb. of dripping at least will be required, and a tablespoonful of vinegar at last, well mixed into the whole.

Another Real Indian Curry.

4 Loin Chops, with fat well removed, breakfastcup of Milk, piece of Butter size of an Egg, teaspoonful of good Curry Powder, large Spanish Onion.

Put milk in stewpan with butter; slice the onion in rings, brown, and add to milk; mix the curry in small quantity of cold milk and add to milk and onions, and simmer all from 5 to 10 minutes; then brown the chops in a frying pan, turning often so as to keep in the juice, and place them in the stewpan. Simmer gently till done. If not curried to taste, add a little, mixed in milk, before serving.

A Curry of Cold Meat.

1 lb. cold Meat, $\frac{1}{2}$ pint Stock or Water, 1 tablespoonful Flour, 1 dessert-spoonful Curry Powder, 1 small sour Apple or green Gooseberries or Rhubarb, 1 small Onion (scalded), 2 oz. Dripping, Salt.

Slice and mince the onion finely, and fry it in the hot dripping until quite brown. Mince the apple, and fry it also. Then mix the curry powder and flour smooth with the stock or water, using an iron spoon; pour it into a pan and stir until it boils, adding salt to taste. Lay the meat in, and let it just heat through. Any fresh meat, tripe, fish, rice, macaroni, and haricot beans can be curried for a change.

Durham Cutlets.

1 $\frac{1}{2}$ oz. Butter, 1 $\frac{1}{2}$ oz. Flour, $\frac{1}{4}$ pint Stock or Gravy, 6 oz. cold Mincé Meat, about 3 oz. Bread Crumbs, or preferably Mashed Potatoes, 1 Egg, about 3 oz. Bread Crumbs for outside of cutlets.

Melt butter, and add flour, then stock. Stir till you have a smooth, thick sauce; allowing this to cook 2 or 3 minutes. Add seasoning, salt, and pepper to taste. Add meat and potatoes, or bread, which is all the better for having been soaked in gravy. Mix all together. Turn mixture out on a dinner plate, spreading about $\frac{1}{2}$ inch thick. Set it aside to cool. When it is hard, divide into 8 or 12 parts. Take each piece on point of a knife, and, by pulling round one end, shape it like a cutlet (do this on a floured board). Brush cutlets with the egg, well beaten, and roll them in bread crumbs. Stick a piece of macaroni in one end to represent bone. Fry in fat to brown, and heat (they do not need cooking).

Dutch Roll.

1 $\frac{1}{2}$ lb. Mincé, 2 cups Bread Crumbs, 1 good-sized Onion, Pepper and Salt, 2 Eggs, 1 oz. Dripping, 2 cupfuls boiling Water.

Chop and fry the onion; while it is frying, grate the bread and put it and the mince into a basin. Add the onion; pepper and salt to taste. Beat the eggs, and add to the other ingredients (keeping back about a tablespoonful to brush the outside of the roll). Mix all well together; flour the hands, and mould into a loaf or roll. Brush over with the remainder of the eggs. Have some dripping pretty hot, put in the roll, and brown all over. Then pour off the superfluous fat; add the boiling water, and stew for 2 hours. A little lemon juice or a teaspoonful of Yorkshire relish added to the roll is an improvement.

Galantine.

1 lb. Beef minced, 1 lb. Ham minced, 2 Eggs, $\frac{1}{2}$ lb. Bread Crumbs, grated rind of Lemon and juice, Salt, Pepper, Nutmeg grated.

Put firmly into a plain mould, cover with cloth, and steam for 3 hours. Turn out when cold. A nice supper dish, and also makes nice sandwiches.

Gateau of Meat.

1 lb. cold Meat of any kind, $\frac{1}{4}$ lb. Suet, $\frac{1}{4}$ lb. Bread Crumbs, $\frac{1}{2}$ tablespoonful Onion, 1 tablespoonful Parsley, $\frac{1}{2}$ teaspoonful Pepper, $\frac{1}{2}$ teaspoonful dried Herbs, a very little Nutmeg and Salt.

Mix all together, and steam in pan of boiling water 2 hours.

German Sausage.

1 lb. Minced Steak, $\frac{1}{2}$ lb. Pork Sausages, 1 teacupful grated Bread, 1 teaspoonful Salt, $\frac{1}{4}$ teaspoonful Pepper, and 1 Egg.

Skin the sausages, and put into a bowl with the mince, bread crumbs, salt, and pepper. Beat well the egg, and add to the mixture,

previously dipping the hand in cold water to prevent it sticking. Turn out on a well-floured board, and roll into a good thick sausage, leaving a little thinner in the middle than at the ends. Put a good teaspoonful dripping into a pan, and allow to get quite hot; then put in sausage, and turn over till brown all round. Put on the lid of the pan, and cook very slowly for 1 hour.

Haggis (Genuine Scotch).

Procure the large stomach bag of a sheep, also one of the smaller bags called "King's Hood," together with the pluck, which is the lights, liver, and heart. The bags must be well washed, first in cold water, then plunged in boiling water, and scraped. Great care must be taken of the large bag; let it lie and soak in cold water, with a little salt, all night. Wash also the pluck. You will now boil the small bag along with the pluck; in boiling, leave the windpipe attached, and let the end of it hang over the edge of the pot, so that impurities may pass freely out. Boil for $1\frac{1}{2}$ hours, and take the whole from the pot. When cold, cut away the windpipe and any bits of skin or gristle that seem improper. Grate the quarter of the liver (not using the remainder for the haggis), and mince the heart, lights, and small bag very small, along with $\frac{1}{2}$ lb. of beef suet. Mix all this mince with 2 small teacupfuls of oatmeal, previously dried before the fire, black and Jamaica pepper, and salt; also add $\frac{1}{2}$ pint of the liquor in which the pluck was boiled, or beef gravy. Stir all together into a consistency. Then take the large bag, which has been thoroughly cleaned, and put the mince into it. Fill it only a little more than half full, in order to leave room for the meal and meat to expand. If crammed too full, it will burst in boiling. Sew up the bag with a needle and thread. The haggis is now complete. Put it in a pot with boiling water, and prick it occasionally with a large needle, as it swells, to allow the air to escape. If the bag appears thin, tie a cloth outside the skin. There should be a plate beneath it, to prevent it sticking to the bottom of the pot. Boil it for 3 hours. Serve in a napkin on a dish, without garnish or gravy, it being sufficiently rich in itself.

Haggis (Scotch, Simpler).

Take 2 or 3 handfuls oatmeal; brown in oven; add to this $\frac{1}{2}$ lb. suet minced fine, and any cold meat minced; but it is often made without the latter. Season with a little minced parsley, onion, salt, and pepper. Mix with a breakfastcupful of water, then put in a dish or pan with a close lid; boil 3 hours.

OR,

$\frac{1}{2}$ lb. minced suet, 10 tablespoonfuls oatmeal, pepper and salt, mixed well together. Fill (not too full) a few of the small bags of the sheep got at the butcher's (well-cleaned). Sew up with needle and thread, prick over to prevent bursting, and boil in potato soup. (Makes a capital dinner for the bairns.)

Devilled Ham.

Use either the knuckle or any odd bits remaining. Cut off all dark or hard bits, and see that at least $\frac{1}{4}$ of it is fat. Chop very fine, almost to a paste. For a pint of this, make dressing of 1 even tablespoonful sugar, 1 even teaspoonful mustard, 1 saltspoonful cayenne pepper, 1 teacup good vinegar. Mix sugar, mustard, and pepper thor-

oughly, add vinegar little by little. Stir into chopped ham, and pack in small moulds. Pour melted butter over. Roots of tongue, same way.

Hash.

Cut the meat into slices. Trim off any hard or burnt pieces, and put them into a saucepan with the bones, if any; a piece of bacon-rind, carrot, turnip, parsley and herbs, pepper, salt, and cold water. Let these boil for at least 1 hour. Cut an onion in rings and fry it brown in a little dripping. Mix 1 dessertspoonful of flour with $\frac{1}{2}$ pint of the stock, pour it into the pan, boil till thick. Add a little ketchup or vinegar, anchovy sauce, nutmeg, or other flavouring. Strain this gravy, put it back in pan, and just warm the meat in it, but do not let it come to the boil, or the meat will be tough.

Hodge Podge (Cold Meat).

1 lb. underdone cold Mutton, 2 Lettuces, 1 pint green Peas, 5 or 6 green Onions, 2 oz. Butter, Pepper and Salt, 1 teacupful Water.

Mince mutton and cut lettuces and onions in slices. Put all in pan except peas, and let simmer very gently $\frac{3}{4}$ hour; keeping well stirred. Boil peas separately. Mix with mutton, and serve very hot.

Italia's Pride (American).

1 large cup chopped Meat, 2 Onions, minced and fried brown, 1 pint cold boiled Macaroni, 1 pint fresh or cold stewed Tomatoes, 1 teaspoonful Salt, $\frac{1}{2}$ teaspoonful White Pepper.

Butter a pudding dish, and put first a layer of macaroni, then tomato, then meat and some onion and seasoning, till dish is full. Cover with bread crumbs, dot bits of butter over, and bake $\frac{1}{2}$ hour.

Fried Kidney.

1 Ox Kidney, Dripping, Egg, Flour, Salt, Pepper, Bread.

Cut the kidney into slices, fry it in hot dripping, turning often. Toast a slice of bread, and put kidney round it. Boil the egg hard, and mince the white. Grate the yolk over top, and garnish with parsley. Season kidney with salt, pepper, and a little flour.

Kidneys and Tomatoes.

Take 4 large ripe tomatoes, wipe them, and put them into a stewpan with an ounce of fat bacon, cut into thin pieces. Put the stewpan at the side of the fire, so that the tomatoes can just simmer until tender—which will be in about 10 minutes. Now cut in halves 3 sheep's kidneys, and remove the skins. Chop a small onion finely, mix with it a teaspoonful of minced parsley, season with salt and pepper, and stir both into an ounce of oiled butter; add a well-beaten egg, mix well, and dip in the pieces of kidney; cover them with fine bread crumbs and put them on one side while you proceed with the tomatoes. Thicken a gill of stock with $\frac{1}{2}$ ounce of flour, add it to the tomatoes, and simmer again for a few minutes. Now fry the kidneys in boiling lard or dripping, taking care not to brown them too much—they should take only about 3 minutes. Put them on a piece of kitchen paper to drain off the grease, and then arrange them on a hot dish, and pour the tomatoes, &c., round.

Kidney Pudding.

3 Sheep's Kidneys, 2 teacups Bread Crumbs, 1 teaspoon Suet, finely minced, 1 teacup Milk, 1 Egg, Nutmeg, teaspoon Parsley, Herbs, Pepper and Salt.

Skin kidney, add suet, bread crumbs, parsley, a very little thyme,

and nutmeg, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ do. pepper. Mix, add beaten egg, and milk. Steam in buttered bowl 1 hour. Serve with brown sauce.

Stewed Kidney.

1 Ox Kidney, 1 Spanish Onion, 1 oz. Butter, 2 tablespoonfuls Flour, 6 Cloves, Water, Salt, Pepper.

Wash well the kidney, cut out the hard core, and into the space put the onion, stuffed with the cloves and the butter. Mix the flour with a little water. Burn some sugar in iron spoon. Over this, and on to mixed flour and water, pour enough boiling water to extract colour of sugar, and set the flour. Pour this on the kidney. Stew in saucepan 4 hours, but covered close. To serve—take up kidney; if gravy is too thick, add a little water or ketchup, salt, &c. Strain over kidney, and serve with mashed potatoes.

A tasty way of doing Liver.

Place in a stewpan enough beef dripping to fry either a large onion or several small ones. Cut your liver in nice squares, not too thin; brown them nicely in the stewpan. Add a little boiling water—a brown gravy if you have it. Stew till tender, and season to taste. Before dishing, thicken the gravy with cornflour.

Liver à la Francaise.

Cut 1 lb. calf's liver into slices $\frac{1}{2}$ inch thick. Grease a tin well. Put into basin 3 tablespoonfuls bread crumbs, 4 chopped mushrooms, 1 finely chopped onion, 2 sprigs of parsley finely chopped, $\frac{1}{2}$ teaspoonful salt, pinch of pepper and nutmeg. Sprinkle this over each piece of liver, then put a very tiny slice of bacon on each slice and place in tin. Pour $\frac{1}{2}$ pint water or stock over, and bake in cool oven $\frac{3}{4}$ hour. Put 1 tablespoonful bread crumbs to brown. Arrange liver, etc., on dish. Add to gravy a little Worcester sauce. Boil up and pour round. Sprinkle bread crumbs on top.

Liver and Bacon (Stewed).

$\frac{1}{2}$ lb. Liver, 2 oz. fat Bacon, 3 Onions, 1 pint Water, 2 tablespoonfuls Flour, $\frac{1}{2}$ teaspoonful Salt, $\frac{1}{2}$ teaspoonful Pepper, 1 teaspoonful sweet herbs.

Cut bacon in small pieces. Fry lightly. Slice onions, fry also. Mix together flour and seasoning. Sprinkle over. Stir smooth, then pour in water. Stir till it first boils up. Lay in liver. Simmer 1 hour or so.

Liver and Bacon.

1 lb. Calf's Liver, $\frac{1}{2}$ dozen slices of Bacon, 1 Onion, 2 oz. Dripping, Pepper and Salt, teaspoonful chopped Parsley.

Cut liver into slices $\frac{1}{2}$ inch thick, 1 hour before cooking, and lay in a colander. This drains any blood away. Roll in flour, pepper, and salt. Fry bacon carefully; then the liver, and chopped onion in hot dripping and bacon fat. Mix a large dessertspoonful flour in $\frac{3}{4}$ pint water, season, and pour into pan, and stir till it boils. Pour at once over the liver and bacon.

Liver in Cups.

Liver, boiled and grated; Bacon, Bread Crumbs, 2 yolks of Eggs, and Seasoning.

Steam in buttered moulds or cups. French beans or tails of leeks round the mould make a pretty garnishing.

Larded Liver.

Take a fresh lamb's liver and lard it carefully with a small larding needle in rather close rows, covering the whole upper surface. Place in deep baking dish, with chopped onions, carrots, slices of fat bacon, salt, pepper, a bunch of sweet herbs, and 2 cloves. Pour over some good brown stock. Cover with a sheet of buttered paper, and cook in a moderate oven for 40 or 50 minutes, removing the paper and dredging lightly with flour 8 minutes before finishing. Place on a hot dish. Strain the liquor, and slightly thicken with brown flour and butter, adding cayenne and lemon juice. Boil it up, and pour over the liver. Many cooks merely remove the herbs and cloves, and thicken the gravy without straining it, and use vegetables.

Minced Liver.

Boil 2 pounds of liver till firm enough to cut easily. Then mince it rather finely; add a little minced suet—cold bacon or ham fat is even nicer; chop up a Spanish onion, and fry slowly in some dripping, just enough to make it soft; add the liver, etc., season with pepper and salt, and cook very slowly, stirring continually (as it must not burn) for 10 or 12 minutes. Now add a cup of stock, a dash of Yorkshire relish, and a tablespoonful of minced parsley. Cover closely, and simmer gently for about 1 hour. Turn out into the centre of a hot dish, place triangular sippets of crisp, dry toast all round; and send to table with a lemon cut in halves, so that each person can squeeze just as much juice over their plate of mince as desired.

Meat Rolls.

Seraps of any kind of tinned or cold fresh Meat, some cold Potatoes, a little Dripping, Pepper and Salt, Milk or Water.

Mash enough potatoes with dripping to fill a breakfast cup, mix with it as much flour as it will take up, moisten with milk into a smooth paste, and roll out $\frac{1}{2}$ -inch thick; cut up the meat small, any seraps, with little bits of bacon, or cold vegetables; make a savoury mixture of it with pepper and salt, and a little sauce if at hand; cut the paste in squares. Roll a little of the mixtnre in each, and bake.

Meat Shape.

Mince meat very fine, then add bread crumbs, chopped onions, pepper, and salt. Mix all with a very little flour to bind them together. Into this mix one egg, not beaten; because if so, mixture would rise too quickly and then fall again, and be tough. You may add any sweet herbs or cold vegetables you may have. Butter basin or mould, put into it a few brown bread crumbs. Then roll them round your mould by shaking gently. Fill tin, twist paper over top, and either steam or bake. If steamed, only allow water to come $1\frac{1}{2}$ inches up mould. Serve with little pieces of toast all round.

Meat Shape, with Macaroni.

$\frac{1}{2}$ lb. Mince, 4 lb. Bread Crumbs or Oatmeal (dried), Pepper and Salt, Herb Powder, 2 oz. Hugon's Suet, and 2 oz. Macaroni (boiled for a few minutes in boiling water).

Cover macaroni with stock; simmer till tender. Take half of macaroni; chop up, and put among meat. Put mixture in mould, and cover with paper. Serve with half of macaroni round dish, or put remaining half round buttered dish in honeycomb shape before putting in mixture.

Mince Pie.

1 teacupful Flour, 2 oz. Butter, $\frac{1}{2}$ teaspoonful Royal Baking Powder, $\frac{1}{2}$ teacupful cold Water, $\frac{2}{3}$ lb. Mince.

Half cook mince, and season it with salt and pepper, then lay aside to cool. Make paste, and divide into two pieces. Put one into flat tin ; then put cold mince on it, and cover with other half of paste. Decorate, and bake.

Mince, with Tomatoes.

Put 6 or 8 small tomatoes into a dripping tin, and on top of these a little butter, dripping, or lard ; sprinkle with a little salt and pepper ; put into oven for 5 or 10 minutes. Don't cook them too much. Take 1 small tomato, sliced ; a small piece onion, finely minced ; about $\frac{1}{2}$ oz. butter, $\frac{3}{4}$ or 1 lb. meat, either minced or cut in squares ; salt, pepper, $\frac{1}{2}$ teacupful stock, gravy, or water. Fry onions in butter ; then add sliced tomato, flour, and stock. Stir till it comes to boil, then add seasoning and meat. Warm thoroughly, but don't let it remain on too long. Dish this, and garnish with the tomatoes.

Mutton Cutlets.

1 $\frac{1}{2}$ lbs. best end Neck of Mutton, $\frac{1}{2}$ lb. Bread Crumbs, 2 Eggs, $\frac{1}{2}$ teaspoonful Salt, $\frac{1}{4}$ teaspoonful Pepper.

Trim cutlets neatly, first having the chine-bone cut off, cut away fat, leaving about 1 inch of bone bare at top. Egg and bread-crumb cutlets. Set aside for 10 minutes. Repeat the process, then fry 3 or 4 minutes in boiling fat. Serve with Soubise or Tomato sauce. Garnish with parsley and lemon.

Cold Mutton, Dressed.

$\frac{1}{2}$ lb. Cold Mutton, $\frac{1}{2}$ oz. Fat Bacon, $\frac{1}{2}$ teaspoonful Salt, $\frac{1}{4}$ do. Pepper, 1 tablespoonful Gravina (Edwards'), 1 teaspoonful Bovril, 1 lb. Chip Potatoes, 1 tablespoonful Ketchup.

Cut bacon into dice and fry. Season mutton, cut in neat pieces, and fry in bacon fat. Arrange in centre of ashet, border with chip potatoes, stir into remainder of bacon fat, the bovril, gravina, pepper, salt, ketchup, and $\frac{1}{2}$ pint stock. Boil gently 10 minutes. Strain round dish. Garnish with fried croutons and parsley.

Ox Tail, Stewed.

Place tail in pan, cover with cold water. Bring to boil ; strain off water. Wash in warm water, joint, large joints cut in two, dry pieces well. Mix in plate 1 tablespoon flour, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper ; rub each piece over with mixture. Put into pan a tablespoonful of dripping, allow to get quite hot, then fry pieces all round till brown ; lift them out ; pour out fat ; return pieces to pan with onion chopped up, and 2 breakfastcupfuls of water and a little ketchup, and stew slowly for $1\frac{1}{2}$ hours. Cut up 1 turnip and 1 carrot, and stew an hour longer.

Potato Bridies.

Take a few boiled potatoes and form into scones. Have some mincemeat ready ; spread meat pretty dry over half of scone, and turn over other half on meat, and pinch all round. Fried in boiling fat and served hot, these make tasty tit-bits for either breakfast or supper.

Potted Meat.

$\frac{1}{2}$ lb. lean cooked Veal or Chicken, $\frac{1}{2}$ lb. cooked lean Ham. Mince these and put them into a mortar with $\frac{1}{2}$ lb. butter, a little cayenne pepper, and a tablespoonful of Burgess' essence of anchovies. Pound them well together and press into a mould, and cover over with melted butter.

Potted Meat.

3 lb. Beef (round), 2 tablespoonfuls Anchovy Sauce, $\frac{1}{2}$ tumblerful cold Water, Salt and Pepper to taste, $\frac{1}{2}$ lb. Salt Butter.

Cut up the meat into 5 or 6 pieces, and put it in jar with the water. Let it simmer for 5 hours. Then put through mincer, and mix well the ingredients together, leaving out as much butter as will cover the top of the jars. Melt the butter and pour over.

Savoury Roll Pudding.

$\frac{1}{2}$ lb. Flour, $\frac{1}{4}$ lb. Suet, $\frac{1}{2}$ teaspoonful Baking Powder, Pepper and Salt to taste, nearly a cup of Water, and $\frac{1}{2}$ lb. Mince.

Sift the flour with baking powder; add the suet, finely shred, pepper and salt, and mix to a firm dough with cold water; roll out as for ordinary roly-poly. Break up the mince with some cold water till it will spread easily over the paste. Sprinkle with pepper and salt, and, if liked, a little chopped onion. Wet the edges; roll up; tie in a well-floured cloth; and plunge into boiling water; and boil for 2 hours.

Rissoles.

Equal Meat and Potatoes, Pepper and Salt, 1 tablespoonful Ketchup, Yolk of Egg, 1 teaspoonful Parsley, do. Savoury Herbs.

Squeeze all with your hands. If not moist enough, add another yolk. Flour, egg, bread-crumb, and fry in boiling fat.

Sausage Potatoes.

$\frac{1}{2}$ lb. Sausages, 2 lb. cooked Potatoes, $\frac{1}{4}$ pint Milk (about), Salt and Pepper, a few sprigs Parsley, Dripping.

Prick the sausages, and steam or simmer them in $\frac{1}{4}$ pint of boiling water about 20 minutes, then skin and cut them in two. Mash the potatoes (which are better warm), and beat with a wooden spoon until very light, adding enough milk to moisten them. Take a spoonful of the potato, lay a piece of sausage on it, cover with potato, leaving it quite rough; put in a greased baking tin, and bake about 20 minutes. They should be nicely browned, then put a sprig of parsley in each one.

Sausage Roll.

1 lb. raw Beef (sliced), 1 lb. Ham, 1 breakfastcup Bread Crumbs, 1 teaspoon black Pepper, 1 pinch Cayenne do., 1 teaspoon Salt, 1 dessertspoon Vinegar, 1 do. Ketchup, 2 Eggs.

Mince the beef and ham, and add the bread crumbs and seasonings; beat the egg slightly, and moisten the mixture well with the hand. Form into a roly-poly shape. Have ready a pudding cloth wrung out of hot water; dust with flour; tie the roll into it; place on a plate in a pan of boiling water to boil for $2\frac{1}{2}$ hours. When cool, dust with bread crumbs (browned).

Bird's Nest Sausages.

$\frac{1}{2}$ lb. Vermicelli, Sausages, Parsley, Eggs.

Cook vermicelli in frying basket in boiling fat. Have some hard-boiled eggs, one for every sausage. Remove shells. Skin sausages,

and press round egg. Egg and bread-crumb. Fry. Arrange in dish with vermicelli here and there, and garnish with parsley.

Scrap Pie, with Oatmeal Crust.

$\frac{1}{2}$ lb. fine oatmeal; mix $\frac{1}{2}$ teaspoonful powdered-down dried herbs, a little pepper, salt, and a dessertspoonful flour on a plate. Have meat parboiled, as this crust bakes very quickly. Roll each bit in mixture, then place in pie-dish. This is a nice way of using cold meat. For children, you may place a layer of meat and one of potatoes, also finely chopped onions if liked. For crust—Boil $\frac{1}{4}$ lb. dripping with about $\frac{1}{2}$ pint water; bring to boil; add to meal $\frac{1}{2}$ teaspoonful salt, and a saltspoonful pepper; then pour in dripping. Make crust very quickly, and don't touch with rolling pin. Paste gets very short, so must be wrought exactly to size to cover dish quickly. Mark round edge, and bake about $\frac{1}{2}$ hour.

Shepherd's Pie.

Slice cold meat, and roll each piece in dried herbs, salt, and pepper mixed. Put into pie-dish a layer of cold meat, then sliced onion and potatoes alternately. For crust, take mashed potatoes, beaten up with fork, and mixed with a very little hot milk, butter, pepper, and salt. Mix $\frac{1}{2}$ gill milk and $\frac{1}{2}$ gill water, and pour over pie (a little cream gives a nice freshness to little dishes). Dip a broad knife in milk and smooth over potatoes, and score into dice. Mark the edge with a fork, always dipping it in the milk. Put in oven or in front of fire to brown.

Irish Stew.

Time, about $1\frac{1}{2}$ hours, $2\frac{1}{2}$ lb. Chops, 8 Potatoes, 4 small Onions, 2 breakfast-cups Water, Pepper and Salt.

Take the chops from a loin of mutton. Trim off all fat and gristle, cut small, place them in a stewpan with alternate layers of sliced potatoes, and of chops and onions seasoned. Pour in cold water, cover the stewpan closely, and let it stew gently until the potatoes are ready to mash, and the greater part of the gravy is absorbed. Never lift lid, as that will let out flavour.

Steak and Ham Shape.

1 lb. Steak, $\frac{1}{4}$ lb. Ham, 1 Egg, 1 cupful Bread Crumbs, $\frac{1}{2}$ teacupful Water, a little Nutmeg, Pepper and Salt.

Mince steak and ham together, add crumbs and seasoning. Beat up egg and mix with water. Stir in, until all is used up. Grease a bowl and put in mixture. Cover with buttered paper, and steam for 4 hours. Allow it to cool before turning out.

Sweetbreads.

Lay sweetbreads in salt and water for 2 hours to extract blood. Wash well and put them into boiling water, and let them boil gently for 10 minutes. Strain. After they are cold, trim and cut into neat rounds about 1 inch thick. Put them in a stewpan with 2 oz. butter and $\frac{1}{2}$ teacupful of cream or milk, and simmer gently $1\frac{1}{2}$ hours. More milk may require to be added.

May be rolled in seasoned bread crumbs (after being trimmed) and fried in boiling lard, but not so light a way. Put wire-basket into pan first, so that they will not stick to it. Sweetbreads easily get

black—must keep them as white as possible. Change water when steeping, but always keep them lying in water.

Fried Sweetbreads.

1 pair Sweetbreads, $\frac{1}{2}$ lb. Bread Crumbs, $\frac{1}{2}$ teaspoonful Salt, $\frac{1}{4}$ do. Pepper, 3 oz. Butter, $\frac{1}{2}$ lb. Tomatoes, 2 Eggs, $\frac{3}{4}$ oz. Flour, $\frac{1}{2}$ pint Milk, $\frac{1}{2}$ gill Cream, 1 teaspoonful Lemon Juice.

Blanch sweetbreads, press them, cut in neat pieces, brush over with beaten egg, roll in bread crumbs, set aside for 10 minutes. Repeat process, then fry in boiling fat. Melt 2 oz. butter in pan, stir in flour smoothly, add seasoning and milk gradually. Stir till boiling, boil 3 minutes, add cream and lemon juice. Dish sweetbreads one overlapping the other in the centre of the dish. Pour sauce round. Have the tomatoes in a basin, covered with boiling water for 2 minutes, skinned, sliced and cooked very gently in 1 oz. butter. Put in centre of sweetbreads, and garnish with fried croutons.

Cradle of Sweetbreads.

Cut a piece of bread, mark it, egg, bread-crumb, and fry in boiling fat pale brown. Take out lid and scoop out all the soft bread with a fork. Prepare sweetbreads. Bring to boil. Wash. Put on in fresh water, boil 30 minutes. Turn into cold water. Remove all fat and break into small pieces. Cook till tender. Egg, bread-crumb, and fry till crisp. Fill bread cases with them and serve.

Toad in the Hole.

1 lb. of good beef steak; cut, at least, an inch thick; place in a greased baking tin, some of them standing on edge. Make batter with 2 eggs, 1 pint milk, 2 tablespoonfuls of flour, and a pinch of salt. Pour this into tin, taking care that the two or three centre pieces of meat have their "heads" above the batter. Bake $\frac{1}{2}$ hour.

To Clean Tripe.

Wash thoroughly in cold water. Put it in a pot with cold water in which there is a good piece of soda. Let it get hot, *but don't allow to boil*. Take it out, and scrape it white. Let it lie all night in cold water with a little butter milk in it, and next day it will be ready for cooking.

Tripe and Onions.

Wash in clean water, and put it on with plenty cold water, and let it boil for $4\frac{1}{2}$ hours *or longer*. Take it out; cut tripe into neat pieces, and boil again for fully $\frac{1}{2}$ hour in milk, to which has been added a little flour (which has been first mixed smoothly in cold water or milk), and 2 large onions cut into pieces. Stir occasionally, taking care that the liquid is not all dried up before taking it off the fire.

Tripe, Baked.

Take 1 lb. well-cooked tripe and cut into strips. Place some of these into well-greased pie-dish. Sprinkle over some bread crumbs, some more tripe, and so on till dish is full. Beat up 2 good-sized eggs, very thoroughly; add a breakfastcupful milk, or liquor in which the tripe was boiled, and a pinch pepper and salt. Pour this very slowly into pie-dish. Break some pieces of butter over top, and bake in moderate oven till firm to touch and of a nice golden colour.

Tripe, Dressed.

Best pieces of tripe are kept for this dish. Cut into strips about 2 inches broad. Lay one strip on board; on that place a strip of bacon, not too lean; on that strew a little of a mixture which has been prepared (a little salt and pepper and finely-chopped onions mixed). Then roll up tripe, and tie each roll, placing them as tied in a little of the stock in which the tripe was boiled. When cooked, set the rolls edgeways, and on tops of piles place a little carrot (boiled and mashed), and garnish each further with a tiny piece of parsley.

Tripe, Fried in Batter.

Batter—3 tablespoonfuls flour and 2 tablespoonfuls bread crumbs mixed. Beat up 1 egg, and add $\frac{1}{2}$ pint milk. Then stir very gradually into flour and crumbs. Season, and let it stand 1 hour before using. Dip pieces of cooked tripe into batter, and fry in hot fat. Garnish with parsley.

Veal Cutlets.

1 $\frac{1}{2}$ lb. Fillet of Veal, $\frac{1}{2}$ lb. Bacon, 1 Egg, $\frac{1}{2}$ lb. Bread Crumbs, $\frac{1}{2}$ teaspoonful grated Lemon Rind, Salt and Pepper.

Trim fillets, season slightly. Add seasoning and lemon rind to crumbs. Egg and bread-crumb the fillets. Fry 5 minutes in boiling fat, and serve with a piece of bacon, rolled and grilled, on each. Serve with brown gravy or tomato sauce.

Veal and Ham Patties.

1 lb. of Veal off fillet, $\frac{1}{2}$ lb. cooked Ham; Pepper and Salt to season; juice of Lemon or Rind, 2 boiled Eggs.

Cut up veal in pieces, cover with cold water, sprinkle over pepper and salt, and put in stew-jar in oven for $1\frac{1}{4}$ hours. While meat is cooking, make about 1 lb. of puff, or rough puff, pastry with self-raising flour and butter and lard in equal quantities, or clarified dripping, and lay it aside in a cool place ready for use. Take veal out of jar and mix the liquid with a little flour to keep it from becoming a jelly. Chop up the veal and ham finely, also the 2 eggs, which have been boiled hard; mix all together, then boil up gravy, put lemon juice in, pour it over the mixture. Take patty tins and butter them, line with pastry, and when mixture is cold put a large spoonful on the pastry, cover with another layer of the pastry, trim the edges and brush over with yolk of egg. Bake in brisk oven for 15 to 20 minutes.

Veal Rissoles.

Mince 1 lb. veal extremely small. Add a little finely-chopped cold ham. Mix well together with white sauce flavoured with mushrooms. Form this mixture into balls, and enclose each in pastry, or egg and bread-crumb and fry.

VEGETABLES.

MEDICAL PROPERTIES OF VEGETABLES.

1. **Asparagus** purifies the blood.
2. **Beets and Turnips** are excellent appetisers.
3. **Celery** acts on nervous system, and is a cure for rheumatism and neuralgia.
4. **Lettuce and Cucumbers** have a cooling effect on the system, and Lettuce is good for sleeplessness.
5. **Onions, Garlic, Leeks, Olives Shallots**, all possess medicinal virtues of a marked character, stimulating the circulatory system, and giving consequent increase of saliva and gastric juice, promoting digestion.
6. **Spinach** has a direct effect on the kidneys; and **Dandelions**, cooked as greens, have the same.
7. **Tomatoes** act on the liver, and are an almost sovereign remedy for dyspepsia and indigestion.
8. **Turnips** are also particularly good for chest complaints.
9. **Watercress** is good for scurvy.
10. **Carrots** are good for asthma.

Gather Vegetables in cool of morning. If the sun is on them they are sure to be tough and discoloured. Green Vegetables ought to be crisp, fresh-coloured, and sweet smelling, and root vegetables firm. Keep in cool dark place. Cover celery and cauliflower from the light with paper. Before washing vegetables, give them a little slap against the palm of the hand, and much of the dirt, sand, and insects will drop off, which would otherwise stick when plunged into the water. Soak cabbage and cauliflower in cold water, with a tablespoonful vinegar added. Better than salt; salt only kills the caterpillars—vinegar also draws them out. The water should not boil before wanted, or vegetables will be discoloured. All green vegetables float on the water first, and when cooked fall to the bottom. To prevent vegetables from smelling the house when boiling, put a little piece of bread in muslin and put in pan. A little vinegar may be kept boiling on the stove while onions or cabbage is being cooked; this also will prevent the disagreeable odour going through the house. The proportion of salt to allow in cooking vegetables is one teaspoonful to every half-gallon of water. Remember that all green vegetables, except spinach, are cooked with the cover of the saucepan off. Vegetables of strong flavour, which include most green vegetables, should be well covered with fast boiling water, and cooked rather rapidly till done, but if at any time the water go off the boil replace the lid till water boils up again, as slow boiling spoils the colour of all green vegetables. A good rule is that vegetables which grow

below the ground should always be put in cold water for cooking, while all that grow above should be plunged in boiling water. All white vegetables need a little acid; all green, a little soda. When boiling green vegetables of any kind, if a piece of dripping about the size of a walnut is put in the centre of the vegetables just as they begin to boil it will prevent all boiling over. After cooking, vegetables must be well drained of all superfluous moisture, whether they are to be served with sauce over or not. Before cooking onions, let them lie, when peeled, in a little boiling water with a tiny piece of soda added. When preparing onions for cooking it will be found much more comfortable work if they are peeled or sliced under water. Hold in the lap a large bowl filled with clear water, and work with the hands under the water. Onions done in this manner will not cause tears or stained fingers. To clean a knife that has been used for cutting onions, hold it under the cold water tap. It is a mistake to use hot water to remove the smell of onions from a knife. Onions should not be eaten after they have lain about peeled and cut, as they absorb any bad odour or infectious condition that may exist. All waste leaves of vegetables should be burned; if thrown into the dust-bin they will decay, and help to create bad smells and fever. When burning vegetable refuse in stove or fireplace, put a handful of salt into the fire with it, and there will be no unpleasant odour.

RECIPE FOR STEAMING VEGETABLES,

By Miss L. BARDSTY, Food Reform Cookery Lecturer.

For cooking greens, sprouts, cabbage, lettuce, and cauliflower, I find the most successful way is to steam them in a perforated steamer and do them very quickly, at a great rate. This I find preserves their green colour more than in any other way. They ought to be served as quickly as possible after cooking. Lettuce does in about 7 minutes, cabbage and cauliflower from 20 to 30 (cut up slightly). The loss of salts is so infinitesimal that it is hardly worth speaking of. Experiments have been made by Mr Broadbent, and he says the residue of salts in a cup of water that has boiled the cabbage in an ordinary way, and that which has steamed it, is remarkable, so much more being extracted by boiling. I often steam cabbage (first shredding it) in a "Yankee Idea" steamer (not perforated), and add no more water than the drippings left on it. I have also used a Wellbank boilerette, and stewed my cabbage, first putting a very little boiling water at the bottom, as not so much steam is generated as in the Hutchinson Patent. What makes them strong, I find, is too much cooking. Celery and root vegetables I steam without a perforator. I find a large fish kettle the best thing for sprouts, &c., as the heat penetrates better on account of the extra surface. Quarter of an hour quick steaming is quite enough. Do you ever try vegetable ragouts? This is a splendid way for conservatively cooking the vegetables. Brown some onions in butter, with some carrot and some chopped

celery (about equal quantity of all), with some thin vegetable stock (not too much), and cook gently for about $1\frac{1}{2}$ hours. A little cauliflower, artichokes, or tomatoes could be added if liked, and thicken with a little baked flour, and add a few drops or more of Mapleton's nut gravy essence. This, with some crisp toast or fried bread, makes a tasty and wholesome dish. I save nearly all my rough pieces of vegetable for stock, even the outside of onions washed well, and tough pieces of cabbage, &c. A delicious soup is made from all sorts of vegetables cooked a long time, strained well, and a little vermicelli added. There must be plenty of vegetable, and then it is fit for the most fastidious taste. It is quite good without any butter, but a few onions, browned in a little nutter (vegetable butter) first, add a richer flavour, perhaps, and also a little vegetable gravy essence. It is certainly a good way of making use of the salts!

Jerusalem Artichokes.

1 lb. artichokes, well washed and scraped, each one thrown into fresh cold water and vinegar; when all are done, rinse in water and put into boiling milk and water, and salt. Boil quickly with lid off, pierce with fork to know if done. Lift out carefully on to dish directly (if left in milk and water they turn black, or if any eyes were left in), and cover with sauce. Sauce—1 oz. butter, 1 oz. flour, 1 yolk egg, lemon juice, salt, pepper, 3 gills milk, and 1 tablespoonful cream. Melt butter, add flour. Stir, cook a few minutes, add milk gradually and cook a little. Beat egg and cream, and add, after sauce is off boil, lemon juice last, and seasoning. Pour over, and add minced parsley if liked.

Asparagus and Egg Sauce.

Hold head in left hand, and serape gently down till you get stringy ends away, then tie with thread. Drop into boiling salt and water, and boil rapidly till the heads fall to bottom of pan. Lift them out and place in dish. Take away thread, and pour over them sauce prepared thus:—Put yolks of 2 eggs in jug, with 1 ounce butter, 1 gill of cream, and juice of $\frac{1}{2}$ lemon. Stand jug in boiling water, and whisk till it is creamy. Garnish with sippets of toast.

To cook Broad Beans.

Blanch them in boiling water like almonds, then boil them gently in salted boiling water—no soda—for 10 or 15 minutes till quite soft. Serve with parsley sauce.

To Use up Cold French Beans.

Put 1 pint tomato juice and 2 shallots in pan and let them cook 20 minutes. Then strain and season, pepper and salt, and return to pan. Thicken with a little flour and butter worked together and cooked 5 minutes. Have about 1 lb. beans neatly sliced, lay in juice, thoroughly heat and serve.

Beans, French or Kidney.

Cut off the ends, and remove the stringy part. Cut lengthwise, and throw them into a pan of boiling water containing 1 teaspoonful salt to each quart of water, a pinch of sugar and soda. Boil till tender with lid off about 20 minutes. Drain and shake in pan till dry, add pepper and a small piece of butter. Serve hot with parsley sauce.

Baked Haricot Beans.

Soak overnight, and boil till tender in same water. Place in buttered baking dish. Sprinkle with nut oil, and bake in moderate oven till nicely brown.

Beans, Haricot, à la Vevey.

1 dessertspoonful Butter, 1 breakfastcupful Milk, 1 dessertspoonful Flour, 1 tablespoonful chopped Parsley, Pepper and Salt.

Soak beans all night in cold water; then drain off; put them on to boil with a teaspoonful of dripping, but no salt. Boil for $2\frac{1}{2}$ hours, and drain them dry. Put the butter and flour into a pan, and stir over the fire; then add the milk, and stir till boils. Add parsley, pepper, and salt; mix well, and pour over the beans when dished—serve hot.

Beet Root.

Wash and brush the roots, being careful to avoid breaking off the fibres, to prevent the juice escaping, and spoiling the colour and flavour. Put them in a pan of boiling water, adding salt and a small piece of soda, and boil from 1 to 2 hours, according to size. Put into cold water, and rub off the skin with the hand. Slice them, and serve either with vinegar or mustard sauce.

Beetroot is very good boiled as usual, and served covered with white or parsley sauce, or with Spanish onions sliced.

When a piece of straw will pierce the beets, they are ready.

Beet Root, Fried.

Prepare as above. Season with pepper and salt. Fry slices in butter or dripping. Place on a flat dish, and garnish with parsley.

Brussels Sprouts.

Allow them to stand for some time in cold water and salt, cut off stems, and take away outer leaves. Throw into plenty of fast boiling water, salted. Boil fast with lid off, skimming occasionally. Boil quickly 10 minutes. Drain. Add a small piece butter and a little pepper. Serve at once.

Brussels Sprouts with Chestnuts.

Take as many chestnuts as sprouts. Cut a piece off to prevent bursting. Put on in cold water and boil rapidly 15 minutes. Remove husks and skins. Melt 1 oz. butter, add pepper and salt. Add chestnuts and sprouts. Shake over fire till hot.

Cabbage, Ladies'.

1 firm white Cabbage, 1 large Egg, 1 tablespoonful melted Butter, Pepper, Salt, a very little Milk, fine Bread Crumbs.

Boil cabbages in two waters, and let it get quite cold. Cut up very fine; add rest; stir and mix well; put in buttered pie-dish; strew with crumbs, and bake covered $\frac{1}{2}$ hour. Remove cover, and brown.

To Boil Carrots.

Brush and wash well. When boiled, take off skin with back of knife. Much better than scraping beforehand, because juice is kept in.

Carrot Mould.

2 or 3 largo Carrots, 1 Egg, 1 oz. butter, Salt, Pepper, tablespoonful chopped Parsley.

Carrots well washed and scraped, and boiled 2 hours, then drained and rubbed through a sieve. Melt the butter and add to carrots, heating them thoroughly. Beat the egg and add it with salt and pepper. Grease mould and pour in mixture, and press well down. Place in oven ten minutes, turn on hot dish, and sprinkle on top the parsley, and serve with sauce of melted butter or flour and milk.

Cauliflower, au Gratin.

Take a good-sized cauliflower, thoroughly cleanse, and boil until tender; drain, and dish it with the flower standing upright (a basin is the best thing for this purpose). Pour sufficient white sauce over the cauliflower just to cover the top. Sprinkle over some grated parmesan cheese and bread crumbs, and a little Cayenne pepper and salt; then put a few pieces of butter on the top. Bake in a moderately hot oven for about 15 minutes, or until it is a nice brown.

Other vegetables, such as fresh peas and beans, onions, parsnips, artichokes and marrow, may be prepared the same way.

Before cooking cauliflower, tie it in thin muslin, and it will be easily lifted out of the pan whole.

Cauliflower, with Tomato Sauce.

Steam the cauliflower until tender; have ready a sauce prepared by thickening 1 pint of strained stewed tomatoes with a tablespoonful of flour, rubbed smooth, in $\frac{1}{2}$ cupful of cream, and pour over the cauliflower while hot.

Celery, Stewed.

5 oz. Celery, $\frac{1}{2}$ pint Milk, 1 oz. Butter, $\frac{1}{2}$ oz. Flour.

Break celery into 1 inch pieces; place in pan, with milk enough to cover it. Boil gently till tender; drain; season milk with pepper and salt, and thicken with the flour and butter. Boil all a few minutes, and serve on flat dish, garnished with toast sippets.

Fried Celery.

Select the best pieces, and cut in 3-inch lengths. Dust rather freely with pepper and salt, then dip in beaten egg, and toss in bread crumbs. Fry in boiling fat.

Chestnuts, Stewed (German Recipe).

Take away the shell; then put for a short time in boiling water to remove the inner skin. Put them into a saucepan with a little stock of some kind—bovril will do—then let them simmer away until ready. A little sprinkling of flour is generally added when they are being cooked, about as much as will lie on the end of a knife.

The Italian way of cooking chestnuts for a vegetable is by mashing them like turnips, with a little milk or cream.

Colcannon.

1 oz. Onion, equal quantities cold Potatoes and cold Cabbage, 1 oz. Dripping to 1 lb. Vegetables, Pepper and Salt.

Chop cabbage; mash potatoes. Toss all in saucepan or frying-pan. Grease basin and put in mixture. Brown before fire or in oven.

Cucumber.

Peel, cut in 3-in. lengths, then in halves. Scoop out seeds.

Throw into pan of boiling water with plenty salt and a pinch of soda. Cook for 5 minutes, boiling rapidly. Have ready 1 gill white sauce, add cucumber to it, with 1 tablespoonful cream, lemon juice, and 1 tablespoonful parsley. Garnish with coraline pepper.

Always begin to cut cucumbers at the thick end. The thin end often has a bitter taste. Do not slice till it comes to table. You could then eat a whole cucumber without it being indigestible. If not finished, stand end cut in a basin of water.

Kale or Curly Greens.

1 lb. fresh kale to 2 quarts water, one heaped tablespoonful salt, piece of soda the size of filbert.

Strip leaves from stalks and wash thoroughly. Place in boiling water, and boil rapidly 25 minutes, or rather less, if very fresh and young, but much longer if old. Drain well, pressing all water out with a plate.

Leeks.

8 or 10 medium-sized Leeks.

Trim off root and outer skin, wasting as little as possible; cut off top leafy part, so that all are one length. Throw in boiling salted water, and boil rapidly $\frac{1}{2}$ hour. If very young, rather less time; if full-grown, rather more. Drain well, and serve on toast with melted butter over. If leeks are very small, tie in a bunch before putting to boil.

Lentils, Dahl.

$\frac{1}{2}$ pint Egyptian Lentils, 1 Onion, 1 teaspoonful Curry, 1 oz. Butter, 1 oz. Dripping, $\frac{1}{2}$ teaspoonful Sngar.

Wash lentils well and let them soak all night; strain them. Fry the onion (sliced) to a nice brown in the dripping. In a saucepan put the lentils to them, with enough water to cover them, and let them boil $\frac{3}{4}$ hour, stirring occasionally. When quite soft and smooth, let the water dry off, then mix in the curry powder, sugar, and butter, and serve hot. They should be the consistency of mashed potatoes.

Lentils, Indian Dahl.

1 teacupful each of Lentils, Milk, and Water, 1 teaspoonful Curry Powder, 1 Small Onion, Lemon Juice, $\frac{1}{2}$ oz. Butter, Pepper and Salt to taste.

Lentils well washed, and soaked 12 hours in milk. Melt butter in pan. Fry onion pale brown; sprinkle curry powder, and fry a little (use iron spoon, and keep off fire). Add the milk and water, and stir till it boils. Then simmer 2 hours, stirring frequently; add lemon juice just before serving. Pile on flat dish, marking neatly with fork. Decorate with parsley or serve with rice.

Stewed Lettuce.

6 or 7 Lettuces, 1 oz. Butter, 1 tablespoonful Lemon Juice, Pepper.

Trim away all outer leaves and stalks (which are bitter), wash carefully and boil in plenty water for 20 or 30 minutes. Drain and press well. Chop lightly. Put in clean pan with butter and lemon juice, and toss till quite hot. Serve with croutons of toast.

A nice way of Cooking Vegetable Marrow.

Pare and cut in quarters, remove pulp, lay pieces in pie-dish, nearly cover with milk, and simmer till marrow is tender. Add a piece of butter, thicken with flour, add a little salt, and allow to boil up again in oven.

Vegetable Marrow, au Gratin.

Semi-boil a couple of marrows, quarter them lengthwise; drain thoroughly, and place upon a well-buttered dish, previously rubbed with a slice of shallot or garlic. Sprinkle over well with grated Parmesan cheese; pepper and salt, and a little grated nutmeg. Lay small pieces of butter here and there; dust over plentifully with bread crumbs. Bake 20 minutes, and serve quite hot in the original dish.

Vegetable Marrow, Stuffed.

1 Large Vegetable Marrow, 2 large Onions, 1 teaspoonful of Sage, a breakfastcupful soaked Bread, 1 oz. of Butter, 1 Egg, Pepper and Salt to taste.

Trim the marrow, cut in halves lengthwise, take out the seeds; parboil the onion, and chop it fine; mix it with the bread, sage, butter, pepper, and salt. Fill the marrow with the mixture, put both halves together; brush butter over them, and bake $\frac{1}{2}$ hour. This is excellent; some vegetarians call it "vegetable roast duck."

Mushrooms.

To distinguish mushrooms from poisonous fungi, sprinkle a little salt on the spongy part, or gills. If they turn yellow they are poisonous; if black, they are wholesome. Or peel an onion and put it with the fungi while being cooked. If the onion remains white, eat with confidence; but if it turns black, it is not fit to eat.

Use a silver spoon in cooking mushrooms. The silver will blacken if any injurious property is present. Never re-heat mushrooms. If any are left over, throw them away. They are liable to develop injurious properties.

Grilled Mushrooms.

Skin and peel and remove stems. Put on a plate, season with pepper and salt. Pour over some melted butter, place in tin under gas grill and cook first on one side then the other. Serve on toast.

Mushrooms Stewed in Milk.

1 oz. butter, 1 oz. flour, $\frac{1}{2}$ pint milk, $\frac{1}{2}$ lb. mushrooms, pepper and salt, cayenne, a few drops lemon juice.

Melt butter in pan, stir in flour, add milk, &c. Skin and remove stems from mushrooms, drop into sauce, and simmer slowly 15 to 20 minutes.

Baked Onions.

Cook onions in boiling water till tender, but not broken. Lay in a buttered baking dish. Pour white sauce over. Sprinkle over bread crumbs, and set in oven 20 minutes to brown.

Onions, Baked.

Put on 3 large Spanish onions, cut in quarters, covered with water to boil. Bring to the boil, then pour water off; cover with fresh boiling water; add a little salt; boil quickly until soft. Strain them, put in pie dish; pour white sauce over, flavoured with pepper and salt; sprinkle with bread crumbs and pieces of butter, and bake in oven until nicely browned.

Onions, Stewed.

Place 3 large Spanish onions in a pan, and over them pour a gill of water, and add a little pepper and salt. Stew for 3 hours slowly, adding a little more water if it dries up. Dish very hot, and pour

good brown gravy round. Scatter chopped capers over the onions just before serving. May add a very little sugar when boiling.

Onions, Stuffed.

Take a large Spanish onion ; scoop out the centre ; peel and blanch it ; fill centre with forcemeat, and place it in a stewpan. Cover it with slices of bacon ; sprinkle with salt and pepper, and cook over a quick fire. When done, remove the onions ; reduce the sauce, and pour over, and serve. The forcemeat can be made of chicken, ham, parsley, mushrooms, and some chopped suet, all finely minced together, with pepper and salt to taste.

Fried Parsley.

Wash, pick, and dry the parsley ; put it into a frying basket and immerse in hot fat 15 seconds, till crisp, keeping it green (if black, it has been too long in the fat), drain on soft paper and sprinkle with salt and pepper.

Instead of keeping parsley in water, which often turns it yellow, put it in an air-tight jar in a cool place. This will keep it fresh for some time. Parsley must be quite dry.

Parsnips.

Cut lengthwise in halves. Put in plenty boiling water. Boil $\frac{3}{4}$ hour, or till tender. Mix teaspoonful flour, teaspoonful butter, $\frac{1}{2}$ teacupful milk, pepper and salt. Stir till boiling, add parsnip, shake over fire till hot, and serve.

Parsnips are much improved by being boiled in two waters. Pour off when half cooked, and put in fresh boiling water till tender. Good also mashed like turnips, and a tablespoonful of tomato may be added, or a few drops vinegar.

Parsnip Balls.

Add to very finely mashed parsnip, 2 tablespoonfuls melted butter, 1 teaspoon salt, $\frac{1}{2}$ teaspoon pepper, and 2 tablespoonfuls milk. Mix all smoothly together, then add a beaten egg. Form into balls, egg, bread crumb, and fry in boiling fat.

Peas.

To re-warm cooked peas, put in deep dish, pour boiling water over, cover and stand 10 minutes. Will look as fresh as new.

Green Peas.

$\frac{1}{2}$ peck peas, boiling water salted, sprig of mint. If peas are old, a teaspoonful moist sugar. No soda, as it causes peas to smash. Boil at a moderate rate for 15 or 20 minutes, and drain well.

To Boil Dried Green Peas.

$\frac{1}{2}$ pint peas soaked all night in water, with a little soda, and look over to see none worm-eaten. Pour off water next day and throw into boiling water, salted, and boil $1\frac{1}{2}$ hours. Drain well and serve in vegetable dish with a small piece of butter and a little pepper added.

Peas Pudding (or German Lentil).

$\frac{1}{2}$ pint Peas soaked overnight.

Boil the peas, whole or split, in a cloth loosely tied 2 or 3 hours, or till they are soft, then pulp them through a sieve. Add salt, pepper, butter, and some well-boiled potatoes, also passed through a

sieve. Mix them all well together; tie them firmly in a cloth and boil $\frac{1}{2}$ hour; then serve the pudding with melted butter.

Potatoes—How to Boil.

Select as near in size as possible. Barely cover with water. Add as much salt as tastes water. Bring slowly to boil. The larger the potatoes, boil the more slowly, because the heat takes longer to penetrate to the heart. For very large potatoes, a little cold water may be added once or twice during boiling. Drain before skin cracks in the least, but not quite dry. Steam 5 to 10 minutes with lid on and a few minutes with it off. Potatoes best boiled with skin on, unless when unripe and just in, and when old and out of season, in spring and early summer. When pared, do so very thinly—right under the skin is all the rich potass which is so beneficial to the body. When old, let them lie in cold water some time before using after peeling. If small and large are cooked at same time, put on large ones 10 or 15 minutes before small.

If new potatoes be soaked in water in which a handful of salt has been dissolved, for a few minutes before scraping, the skin will come off much more easily, or rinse the potatoes, then place in a canvas bag with a little salt and a sprinkle of water. Then carefully fold over the mouth of the bag. Take hold of each end, well shake the potatoes from one end to the other, and all the skins will be found to be removed. Thoroughly wash in clean water.

To boil potatoes when watery, score the skin of the potato with a knife lengthwise and across, quite around, and then boil in plenty of water and salt and keep the skin on. The skin readily cracks when it is scored, and lets out the moisture which otherwise renders the potato soapy and wet.

Water placed in pan directly over a red-hot fire will, of course, boil more vehemently, yet it will not cook meat nor potatoes any quicker and not so well as water that just keeps at the boiling point and quickly simmers.

Potato Balls.

Cold Potatoes, small piece Butter, Pepper and Salt, 1 yolk of Egg, if liked.

Work potatoes and butter together with back of wooden spoon until smooth. Bind together with a little milk, sufficient to form into balls without breaking. Sprinkle a little flour over your hand, and form into balls free from cracks. Brush over with beaten egg, to which has been added the pepper and salt, and toss in bread crumbs. Let them lie a few minutes before putting them in fat. Fry in boiling fat for 3 or 4 minutes.

Potatoes, Casserole of.

Take $1\frac{1}{2}$ lb. mashed potatoes, add salt, pepper, $\frac{1}{2}$ oz. butter and $\frac{1}{2}$ egg. Mix all well; flour a board and form it into a cake, with pyramid in centre. Put it on a greased baking tin; brush it over with the other half egg, and bake $\frac{1}{2}$ hour. Place cutlets or sausages round. This may also be made with rice or macaroni.

Potatoes, Maitre d'Hotel.

Boil or steam pared potatoes, carefully drying them. For 12 potatoes take 2 ounces butter, a little chopped parsley, and mix

together with knife. Sprinkle salt and pepper over potatoes, and place parsley and butter on top.

Potato Ribbons.

Wash and peel the potatoes, taking out the eyes and specks ; peel them as you would an apple, very thinly into ribbons ; lay in very cold water 1 hour before using, or overnight, if for breakfast. Dry ; place them in a frying basket, and fry them in boiling fat for about 6 minutes. Sprinkle with salt, dish them in a pyramid on a napkin.

Potatoes, Savoury.

8 large Potatoes, 1 large Onion, 2 oz. Butter, $\frac{1}{2}$ pint Water, teaspoonful Sage, Salt and Pepper.

Pare potatoes and slice them ; chop onion fine ; grease a pie-dish. Put a layer of potatoes, sprinkle pepper and salt, sage, and onions. Place butter in pieces on the top, add water, and bake for $1\frac{1}{2}$ hours.

Potato Souffle.

Well wash 4 large potatoes and bake in oven for $\frac{3}{4}$ hour ; then cut off top, scoop out the potato with teaspoon, taking care not to break the skin ; then pass potatoes through wire sieve. Take 3 ozs. of this, place in pan with $\frac{1}{2}$ ounce butter, $\frac{1}{2}$ gill milk, the beaten yolk of 1 egg, and a little chopped parsley. Stir well, and add the whites of 2 eggs, switched to stiff froth. Half fill the potatoes, sprinkle a little grated cheese over, and bake 5 minutes.

Baked Potatoes.

Wash and peel the potatoes ; if large, cut in half, put in dripping pan with plenty of beef dripping, sprinkle with salt and pepper, and bake a nice brown, turning occasionally. They require about 1 hour.

When mashing potatoes, to make them light and creamy, beat them well with a fork, adding a little hot milk. It is mixing them with cold milk that makes them stodgy and heavy.

When frying potatoes, dredge a little flour over the potatoes before frying, and they will cook much better and brown beautifully.

Roast Potatoes.

Scrub well. Prick all over. Bake 1 hour or till soft, or lay on grid shelf of gas oven and roast gently 30 or 40 minutes. Serve with salt butter. It is a good way to parboil the potatoes before roasting. This makes them crisper and more digestible.

Pomme de Terre, au Gratin.

Fill a well-buttered pie-dish with alternate layers of thinly-sliced potato and grated cheese. Dip each slice in a mixture of pepper, salt, and a little flour ; add $\frac{1}{2}$ teacupful of milk, and place a good-sized lump of butter on the top layer. Bake in a hot oven for 1 hour.

Rice for Curry.

1 lb. Patna Rice, 4 quarts boiling Water, Salt to taste.

Wash rice in cold water three times, rubbing gently without breaking it up, just before throwing it into the boiling water ; stir gently from side to side—not to break it—often, and simmer gently until you can smash a grain between thumb and finger ; then toss the whole into a colander and let it drain for a minute, stirring about

with a clean skewer to keep the rice from mashing. Turn all on to a hot dish, and put into a warm oven for 10 minutes or so to dry. Rice and curry must always be served piping hot and on separate dishes, and should always be eaten with a spoon and fork only—the meat being cooked till quite tender.

To Boil Rice Dry (No. 2).

Wash $\frac{1}{4}$ lb. whole rice, and put it in a pot with 2 breakfastcupfuls of water and a pinch of salt. Let it boil about 20 minutes, covered closely with the lid and never stirred; then it will be cooked and dry. Press it into a shape, and turn it out to use with meat instead of potatoes.

OR,

1 breakfastcupful rice, well washed and put on fire with three breakfastcupfuls water and a pinch of salt. Bring it quite through the boil, then set on cool part of range to swell out gradually for fully an hour, never lifting the lid. Will be cooked and dry.

A little lemon juice added to the water rice is boiled in, gives it a nice white appearance, and causes grains to separate well.

A Black Man's Recipe to Dress Rice.

Wash him well, much wash in cold water, the rice flour make him stick. Water boil all ready very fast. Throw him in, rice can't burn, water shake him too much. Boil $1\frac{1}{2}$ hours or little more, rub one rice in thumb and finger; if all rub away, him quite done. Put rice in colander, hot water run away. Pour cup of cold water on him, put back rice in saucpan, keep him covered near the fire, then rice all ready. Eat him up!

Rice Risotto.

Rice, Tomatoes, Cheese grated, or Macaroni instead of Rice.

Boil the rice and pile it up high. Pour over tomato purée, made by stewing tomatoes and passing them through a sivo. Cover with grated cheese, pepper, salt, &c.

Vegetable Risotto.

Boil some rice as for curry. Stew 3 tomatoes $\frac{1}{2}$ hour with pepper, salt, and a little vinegar. Pass through sieve and pour over rice.

Spinach.

Carefully pick, wash, and put into pan that will just hold it. Sprinkle with salt and cover close. Set on fire, and shake frequently. When done, squeeze quite dry between two plates and beat it well with a bit of butter, or press into a mould, and serve with plain melted butter in a tureen.

Any tender greens, beet, or turnip tops, kale, &c., treat like spinach. When ready put in hot dish piece butter size of egg, $\frac{1}{2}$ teaspoon salt, saltspoon pepper, and, if liked, a tablespoonful vinegar. Kale, however, require 2 hours' boiling.

Tomatoes.

To peel ripe tomatoes without putting in hot water, press the back edge of the blade of the knife gently all over the surface of tomato, then make an incision in the skin with the sharp edge of the knife, and it can be peeled off, and the tomato served immediately.

Tomatoes a la Bengal.

Cut some bread into somewhat thick slices, stamp into rounds with a plain cutter, fry until crisp in good fat, drain thoroughly, and keep hot. Peel 9 medium-sized tomatoes, cut into thick slices, season with salt and curry powder, and pour a little liquid batter over each slice. Cook in a moderate oven for 10 minutes. Spread the croutons with a little chopped chutney beforehand, or mixed pickles; place tomatoes on top, sprinkle chopped parsley over, and serve very hot.

Baked Tomatoes.

Cut tomatoes in bits, and put layer of these and layer of bread crumbs. Dot top over with bits of butter and bake. Tinned tomatoes are almost as good, and thin slices of well-buttered bread may be used instead of crumbs.

Stewed Tomatoes.

$\frac{1}{2}$ lb. Tomatoes, a little Butter or Dripping, Pepper, very little Salt, and a dessertspoonful Vinegar.

Cut tomatoes in slices and lay in pan, with seasoning, and butter. Cover pan closely and stew gently till tender (30 or 40 minutes). When done, either add vinegar or not according to taste. Stir well, boil up and serve.

Stuffed Tomatoes.

6 Tomatoes, 3 tablespoonfuls Cooked Meat, 2 tablespoonfuls Bread Crumbs, 1 oz. Butter, and 1 Shallot, Pepper and Salt; 6 croûtons of Bread.

Tomatoes must be large, firm, and juicy. Scoop out, not going too deep. Strain this through small sieve into mixture, which must be cooked a few minutes till bread crumbs swell. Then fill in carefully, sprinkle finely minced parsley over, and cook 10 or 15 minutes in moderate oven.

OR,

1 lb. Tomatoes, 2 oz. cooked Ham, 4 Mushrooms, 1 Onion, 1 tablespoonful chopped Parsley, 1 oz. Butter, 2 yolks or one whole Egg.

Chop the onion and fry in the butter till a light brown. Then add the rest of the chopped mixture, and fry 5 minutes. Break in the eggs, and stir till thick. Cut a round piece off the top of tomatoes, and scoop out inside. If liked, add to the mixture. Fill in the stuffing, cover with bread crumbs, and bake 15 minutes till brown.

Boiled Turnips.

Choose turnips as nearly one size as possible, peel thickly, drop into boiling water, containing a teaspoonful salt to each quart, boil till tender, drain well, mash up with a little pepper and butter, add the cream, press into a mould, and turn out into the dish.

A mould of carrots and another of turnips side by side makes a nice dish. The turnips may be served whole.

Late in the season, when turnips, parsnips, carrots, &c., begin to lose their sweetness, they may be generally improved by adding a teaspoonful or two of sugar to the water they are boiled in.

VEGETARIAN DISHES.

Sprinkle a little salt on the bottom of the frying-pan and the fat will not splash the stove or grate when frying meat, sausages, &c.

Bread Steaks.

Bread is cut about $\frac{1}{4}$ inch thick into any shape preferred, the crust being removed. The pieces are first dipped in milk—not soaked—and then in beaten egg, and fried with butter until brown. The beaten egg may be flavoured with parsley, thyme, or other herb. Another variation is the use of ketchup diluted with water, instead of milk, in which to dip the bread. This gives a savoury omelet.

Pieces of bread may also be prepared as above, then rolled in bread crumbs and fried in boiling fat. Dish in a ring, with fried onions, tomatoes, or mushrooms in the centro.

Canadian Tomatoes.

Take the tomatoes out of the tin carefully, pour hot water over them and skin them. Put these into a saucepan with their juice, some butter, pepper, salt, a tiny pinch of carbonate of soda, and enough bread crumbs to make it stiff, and serve hot.

Dish of Carrots.

Cook. Cut in dice when cold. Melt in pan a tablespoonful butter, add $\frac{1}{2}$ teaspoon salt, saltspoon pepper, and teaspoon sugar, and when butter boils put in carrots, and stir till heated through. Pile in centre of dish with French beans round, which have been cooked in only 1 tablespoon water, teaspoon sugar, tablespoon butter, $\frac{1}{2}$ teaspoon salt and pepper. Excellent dish, and substantial as meat.

Cutlets, Lentil.

1 lb. Lentils, 1 large Onion, 1 Beetroot, 2 Eggs, 1 tablespoon chopped Parsley, 1 teaspoon Thyme, $\frac{1}{2}$ teacup Ketchup, 1 oz. Butter, Pepper and Salt.

Soak the lentils over night; put them in a saucepan, with sufficient water to cover them, and stew gently till tender. Boil the beetroot whole, and cut it in small pieces; chop the onion, and fry it. Then mix all the ingredients together, and put them aside until quite cool; then mould into shapes the size of a cutlet; brush them with beaten egg; dip them in fine bread crumbs, and fry in boiling oil.

Stuffed Lentils or Vegetable Turkey.

1 lb. Lentils, Egg, Bread Crumbs, Butter, Parsley, Salt.

Boil thoroughly 1 lb. lentils (or half peas and lentils) in a cloth with a little salt. Oil an enamelled dish, and line bottom and sides with the lentils. Prepare a stuffing of bread crumbs, parsley, eggs, &c., the same as for turkey. Fill up the dish with the stuffing, and cover with the rest of the lentils. Put a few pieces of butter on the top, and bake 45 minutes to an hour. Serve hot.

Cutlets, Mushroom.

2 lb. tin mushrooms (minced fine), 2 well-beaten eggs, 4 ounces of grated bread crumbs, season with salt, pepper, and nutmeg. Stir the whole smooth. Mould into small flat cutlets; dip these in egg and bread crumbs; fry in butter or hot vegetable oil till brown.

Cutlets, Rice, and Lentils.

Rice, $\frac{1}{2}$ lb.; Lentils, $\frac{1}{2}$ lb.

Boil these till quite tender, drain. Cut up an onion and 2 cloves of garlic, chop them very fine; also a little tarragon, parsley, and thyme. Mix well together, salt and pepper to taste. Bind all with well-beaten egg; shape into cutlets; egg and bread crumb them. Fry in butter or oil a nice golden brown. Serve with tomato sauce.

Mock White Fish.

$\frac{1}{2}$ pint Milk, 2 oz. Ground Rice, Butter, Bread Crumbs, Parsley, Onion, 3 Potatoes, Mace, Egg.

Bring to boil $\frac{1}{2}$ pint milk, and thicken with ground rice, to make a little stiffer than for rice mould. Add a lump of butter, salt, a little grated onion, and a saltspoonful mace, and cook all together for 10 minutes, stirring frequently. Boil 3 potatoes, and put through masher, and while hot, add to rice, or it will not set well. Pour into dish to stiffen, and when quite cold, cut into slices, roll in egg and bread crumbs, fry, and serve with parsley sauce as a fish course. The mixture must be stiff; for the frying softens the rice.

Forcemeat.

6 Eggs, 2 oz. Butter, $\frac{1}{2}$ lb Bread Crumbs, $\frac{1}{2}$ oz. Parsley, $\frac{1}{2}$ oz. Beetroot, $\frac{1}{2}$ oz. sweet Leeks, $\frac{1}{2}$ oz. sweet Marjoram, Winter Savoury and Lemon Thyme mixed, and 3 tablespoonfuls Cream.

Boil 4 eggs hard; take out yolks, and mash them with the butter, adding herbs and bread crumbs; season with pepper and salt, and a little nutmeg. Add cream and 2 eggs (well-beaten); melt some butter in tin, and put in forcemeat, and roast before fire in Dutch oven. Serve with brown sauce, part of which may be poured on dish, and garnish with whites of eggs cut small.

Bread and Parsley Fritters.

6 oz. Bread soaked in boiling water for 1 hour, and strained, 4 Eggs, and $\frac{1}{2}$ oz. Parsley.

Form into fritters and fry.

Ground Rice Fritters.

$\frac{1}{2}$ lb. Ground Rice, boiled in $\frac{1}{2}$ pint Water; 4 Eggs, teaspoonful Parsley, and teaspoonful chopped Onion.

Form into fritters and fry.

Potato Fritters.

1 lb. mashed Potatoes, $1\frac{1}{2}$ oz. Bread Crumbs, 4 or 5 Eggs.

Form into fritters and fry.

Rice Fritters.

6 oz. Rice, 5 Eggs, probably $1\frac{1}{2}$ pints Water.

Boil rice till soft in as much water as it will absorb. Put it in a basin, and when nearly cold add eggs, well beaten. Season with pepper and salt, and form into fritters, and fry. Serve with brown sauce.

Plainer fritters are very nice made with 2 teaoupfuls rice, swelled out in 6 teacupfuls water; add a little salt, 4 eggs, a very little milk, and pepper and salt.

Savoury Fritters.

5 oz. Onions, teaspoonful powdered Sage, 4 Eggs, 4 oz. stale Bread.

Soak bread thoroughly for 1 hour in a little boiling water, and covered over; then mash with fork, picking out hard pieces. Boil the onion till quite soft; chop it small; add the sage, pepper, and salt,

and the eggs well beaten. Mix the whole well with the bread, and fry in fritters about $\frac{1}{2}$ inch thick and 3 inches broad.

Tomato Fritters.

Take tomatoes as small as possible. Dip in boiling water, and remove skin. Then dip in batter made from $\frac{1}{4}$ lb. flour, tablespoonful salad oil, and gill of warm water, whites of 2 eggs, whipped to stiff froth. Fry in hot oil. Garnish with a little parsley, and serve hot.

Macaroni (Baked) and Tomatoes.

Put $\frac{1}{2}$ lb. macaroni in boiling water and boil it 20 minutes. Strain, and put it in a baking tin with pepper and salt to taste. Add the contents of a 2 lb. tin of tomatoes. Bake with a small piece of butter on top for $\frac{1}{2}$ hour.

Macaroni, Cheese, and Bread.

$\frac{1}{2}$ lb. Macaroni, 2 oz. Cheese, 3 oz. Bread Crumbs, a teacupful of Milk, Salt to taste.

Put the macaroni into boiling water, and boil gently 1 hour; drain, and put half into a pie-dish; next, sprinkle over it half the bread crumbs, then half the grated cheese; use the remaining ingredients in the same way. Pour over the whole the milk in which the salt has been dissolved, and brown in a quick oven about 20 minutes. Serve with potatoes and white sauce.

Macaroni with Cheese.

Butter pudding dish. Put in layer of cooked macaroni and of white sauce alternately, ending with cheese. Dust over bread crumbs, dot with bits of butter, and bake 15 minutes in quick oven. May be baked in same way without cheese, or with a cup of milk and 2 eggs.

Mushrooms Stewed in Milk.

1 oz. Butter, 1 oz. Flour, $\frac{1}{2}$ pint Milk, $\frac{1}{2}$ lb. Mushrooms, Pepper, Salt, and Cayenne, a few drops Lemon Juice.

Melt butter in pan, stir in flour, add milk, and other ingredients. Skin and remove stems from mushrooms, drop into sauce, and simmer slowly 15 or 20 minutes.

Mushroom Pudding.

1 lb. Mushrooms, $\frac{1}{2}$ lb. Flour, 2 oz. Bread Crumbs, 3 oz. Butter, Salt, and Pepper.

Mix a little salt with flour and bread crumbs, add butter, with enough water to moisten, roll out and line a greased pudding basin with it. Peel the mushrooms, pile in the centre with a little salt and pepper, 1 oz. butter and $\frac{1}{4}$ pint water. Put on a lid of pastry, cover with greased paper, and steam $1\frac{1}{2}$ hours. A little onion or tomato may be added.

Mushrooms and Tomato Toast.

2 Tomatoes, Toast and Butter, $\frac{1}{2}$ lb. Mushrooms, Salt and Pepper.

Stamp some bread into rounds, toast and butter it, slice tomatoes, skin mushrooms. Fry mushrooms and tomatoes with a little seasoning in the butter. Put a slice of tomato on each round of bread, and a mushroom on top. Heat through in oven, and serve.

Baked Bread Omelet.

6 oz. Bread (stale) without crust, 5 Eggs, $\frac{1}{2}$ oz. Parsley, $\frac{1}{2}$ oz. Lemon Thyme.

Cover bread with boiling water, soak 1 hour, then mash well with fork, adding chopped parsley and thyme, and salt and pepper. Beat

eggs well and mix; bake about 1 hour. Serve with brown sauce, poured over, and currant jelly, and garnish with parsley.

Haricot Bean Omelet.

$\frac{1}{2}$ lb. Haricot Beans, 3 oz. Bread Crumbs, 1 Egg, $\frac{1}{2}$ oz. Butter, 3 teaspoonfuls Parsley, and a teacupful of Milk.

Pick, wash, and steep the beans all night; then, in the morning, boil till quite soft. Mash well with the butter; add the bread crumbs, parsley finely chopped, egg well beaten and mixed with the milk. Season with pepper and salt. Put into a buttered dish, and bake 1 hour in a rather brisk oven. Serve with brown or onion sauce.

Macaroni Omelet.

$\frac{1}{2}$ lb. Macaroni, $\frac{1}{2}$ lb. Onions (fried), 3 Eggs, tablespoonful Sage, Pepper, Salt, and a little Milk if required.

Boil the macaroni in as much water as it will absorb. Onions to be fried in a little water. Then add the other ingredients, and bake 1 hour. Serve with brown sauce.

Oatmeal Omelet.

4 oz. Bread Crumbs, 3 Eggs, $\frac{1}{2}$ oz. Butter, Salt, Pepper, $\frac{1}{2}$ pint Milk (hot), 4 oz. boiled chopped Onions, 1 oz. Oatmeal, 1 teaspoonful Sage, $\frac{1}{2}$ teaspoonful each of Thyme and Marjoram.

Pour the boiling milk upon crumbs, and soak 1 hour. Beat mixture with fork, and add all other ingredients. Butter dish. Put all in, and bake 1 hour.

Onion Omelet.

6 Onions, 4 Eggs, 2 oz. Breadcrumbs, 5 tablespoonfuls Milk.

Slice onions and bake in dish with pepper and salt till tender; add beaten eggs, milk, bread crumbs, and onion. Bake 1 hour, and serve with brown sauce.

Savoury Omelet.

1 lb. Bread, 6 oz. Onions, 2 oz. Tapioca, 2 oz. Parsley, 5 oz. Butter, 6 Eggs, 1 small teaspoonful dry Mustard, $1\frac{1}{2}$ teaspoonful Salt, a little Pepper, and mixed Herbs.

Crumble the bread fine. Put the crust into cold water, and when soft mash with a fork, and add to crumbs. Steep tapioca in $\frac{1}{2}$ pint of cold water 2 hours; put it with the parsley and onions, chopped fine, to the bread crumbs; add the herbs, finely chopped; season with pepper and salt. Brown 3 oz. of butter in a small saucepan. Pour it on the bread crumbs, and mix the whole with the eggs, well beaten. Melt 2 oz. butter in a dish; pour in the omelet, but not filling the dish above an inch from the top. Bake an hour in a brisk oven. Turn out in a flat dish, and serve with brown sauce.

Spanish Omelet.

Slice of Bread, 2 Eggs, 1 or 2 Spanish Onions, 2 oz. Butter, Salt and Pepper.

Peel and slice onions, and put into a stewpan along with the butter. Brown nicely. Crumb bread; put it into a small bowl; add eggs, well beaten, and a little milk if eggs do not moisten it sufficiently. Butter a pie-dish; pour in first browned onions, then pour over them the egg mixture. Place in a moderate oven, and brown 15 minutes. Turn out on hot ashet and serve.

Tomato Omelet.

$\frac{1}{2}$ lb. Bread Crumbs, 4 Onions, 1 lb. Tomatoes, 1 oz. Butter, 3 Eggs, $\frac{1}{2}$ pint Milk, Pepper and Salt.

Take bread-crumbs, chopped onions, pepper, salt, butter, the

peeled and sliced tomatoes, the milk and beaten eggs. Mix well and put in greased pie-dish. Shake over a handful bread-crumbs, add a few tiny dots of butter, and bake till brown.

Vegetarian Omelet.

2 teacupfuls of Bread Crumbs, $\frac{1}{4}$ lb. Macaroni, 1 large Spanish Onion, Pepper and Salt, piece of Butter the size of an egg.

Put a layer of crumbs, boiled macaroni, and onions; then beat up 2 eggs mixed in a pennyworth of sweet milk, pour over ingredients and bake in the oven.

Onions, Stuffed.

Take some Spanish onions; peel and scoop out a part of the insides, which must be finely chopped; then mix some bread crumbs, a little butter and cream. Season with pepper and salt, put into the onions; then steam or stew till tender, and serve with brown sauce.

Harvest Pie.

The ingredients must be prepared beforehand.

Potatoes boiled not too soft to slice, 1 carrot, $\frac{1}{2}$ swede turnip, 3 medium onions, boiled $\frac{1}{2}$ hour, then cut up and stewed in fresh cold water till tender, $\frac{1}{4}$ lb. chestnuts, cut crosswise at point, boiled quickly 20 minutes, peeled and skinned, also 1 dessertspoon tapicoa soaked all night in cold water. Put all in a pie-dish. Moisten well with milk. If liked, add 2 hard-boiled eggs, pepper, and salt. Cover with short crust and bake.

Goose Pudding.

$\frac{1}{2}$ lb. scraps of Bread, tablespoonful Flour, pinch of Pepper and Salt, Dripping size of egg, teaspoonful Sage rubbed down, 2 tablespoonfuls Milk.

Soak bread with boiling water, and drain well; add dry ingredients, then milk. Place mixture in well-greased tin; shred the dripping over the top, and bake 20 minutes. Cut in squares, and serve hot or cold.

Rice, with Cheese.

Wash a small cupful of rice, and boil it in water until tender. Strain, and add about $\frac{1}{2}$ pint of milk, a little bit of butter, pepper, and salt. Simmer for a little while, until the rice and milk are blended. Meanwhile, grate 2 or 3 oz. cheese. Grease a pie-dish well with butter, and lay the rice and cheese in alternate layers, sprinkling cheese on the top, also a few pieces of butter cut in shreds. Put in the oven until nicely brown, and serve very hot.

Rissoles.

1 Potato of middle size, 1 small Onion, a little Parsley, 2 tablespoonfuls Bread Crumbs, $\frac{1}{4}$ teaspoon Pepper and Salt, mixed; $\frac{1}{4}$ oz. Butter, $\frac{1}{2}$ teaspoon Marjoram and Winter Savoury, mixed; and 1 Egg.

Boil and bruise potato. Boil egg hard and onion soft. Make 8 balls. Roll in egg and bread crumbs, and cook in a little butter either in oven or over fire. Serve with brown sauce, in which is a very little ketchup.

Bread and Cheese Rissoles.

1 breakfastcupful Brown Bread Crumbs, 1 do. Grated Cheddar Cheese, a little chopped Parsley, and 1 Egg.

Mix all with the beaten egg, form into balls, and fry in boiling fat for about 10 minutes, or steam with a little milk and no parsley for 1 hour and turn out.

Savoury or Entrée.

Take $\frac{1}{2}$ lb. tomatoes, $\frac{1}{2}$ lb. macaroni, 2 oz. Cheddar cheese, and a little butter; season with pepper and salt to taste. Stew the tomatoes well, and boil the macaroni till soft. Stir the ingredients well together and serve. Sprinkle chopped parsley over all

Savoury Pie.

1 oz. each of Carrot, Turnip, Celery, Cauliflower, and Mushrooms (or any other Vegetable in season, such as Vegetable Marrow, Cucumber, Spinach, or Beetroot), 2 tablespoonfuls Salad Oil, 1 gill Water, 1 dessertspoonful finely chopped Parsley, 1 Shallot, finely chopped; $\frac{1}{2}$ tablespoonful Tapioca, steeped in 1 gill cold Water, Pepper and Salt.

Cut vegetables in small pieces; peel and slice mushrooms. Put in pan with salad oil and water. Put on lid, and stew slowly 10 minutes. Put in pie-dish with parsley and shallot, pepper and salt, and pour over the tapioca, which has now become quite soft, and absorbed all the water. Allow to get cold, and then cover pie with plain or rough puff pastry. Make 3 slits in top of pie, to allow steam to escape. Decorate, and brush over with beaten egg. Bake in good oven 1 hour. Place 2 sprigs of parsley on pie, and serve.

Savoury Pie.

Pare several potatoes and slice 2 or 3 onions; place these in a buttered pie-dish in layers, with a little well-steeped tapioca, pepper, salt, and powdered sage upon each, also mushroom powder or fresh mushrooms. Slices of cold omelet may be inserted. Cover with a plain crust, and keep the bottom of the pie supplied with hot water while baking.

Savoury Pudding.

1 breakfastcupful Bread Crumbs, 2 Eggs, 1 middle-sized Onion boiled and shred fine, 1 teaspoonful Parsley shred fine, a little Butter, and sufficient Milk or Cream to make a light mixture, a little Pepper and Salt. (Must be seasoned well.)

Beat the eggs, then mix all well together. Butter some cups, into which pour the mixture, only half filling them, and bake in the oven for about 20 or 30 minutes. Serve with brown sauce.

Savoury Shape.

Moisten $\frac{1}{2}$ lb. brown bread crumbs with 1 breakfastcupful boiling milk, $\frac{1}{2}$ lb. blanched celery cut down and well washed, 4 eggs well beaten, $\frac{1}{2}$ dozen best French plums stoned and cut finely, 2 oz. melted butter, a pinch of salt, and a dust of nutmeg. Mix all ingredients thoroughly, and pour into a buttered mould. Steam in boiling water for 4 hours. Turn out on ashet, garnish with sprigs of parsley, and serve with white vegetable sauce.

Hunt Stew.

$\frac{1}{2}$ lb. of Haricot Beans, 1 large Spanish Onion, 4 Potatoes, cut in square pieces, 1 Carrot and 1 Turnip (both cut like the potatoes), 1 small blade of Garlic, a little Sage, and 1 quart of Water.

Soak the beans in cold water a few hours, then put them in saucepan with water to cover them, and place on the fire. Add the vegetables, with a teaspoonful of salt and a bit of soda the size of a small pea. Boil gently till tender, and thicken with a batter of cornflour. Season with pepper and a little ketchup.

Stewed Barley, with Tomatoes.

Soak $\frac{1}{2}$ lb. barley 2 hours in 1 quart of water. Boil 2 hours. Season with salt and Cayenne pepper. Add either 1 lb. fresh tomatoes or $\frac{1}{2}$ tin of American tomatoes. Simmer gently for 10 minutes.

Vegetable Cutlets.

1 tablespoon chopped parsley, 1 tablespoon onion, 1 tablespoon beetroot cooked and cut small, a little salt and pepper, $\frac{1}{2}$ lb. wheaten bread crumbs, 2 hard-boiled eggs, and a spoonful of butter; mix well together, and moisten with 2 eggs beaten; shape into cutlets, and fry.

Vegetable Hash.

1 quart potatoes, 1 Carrot, 1 Small Beet, 1 White Turnip, a stick Celery, and a few Onions, Nut Butter.

Place potatoes finely sliced, chopped carrot and onion, and the beetroot and turnip, cut very small, also celery cut in short lengths, in pan with 2 tablespoonfuls water. Cover closely and simmer slowly on top of stove. When hot, pour over them a cup of boiling nut cream, made by stirring 1 tablespoonful of nut butter in a cup of water. Stir together and serve hot.

Vegetable Sausages.

Boil 3 carrots, 4 onions, and 2 parsnips. Then chop all fine and prepare $\frac{1}{2}$ pint of yellow peas, cook them soft; pound them well up; add the chopped vegetables, also layer chopped parsley, a small bit of garlic chopped, salt and pepper, with 2 eggs and $\frac{1}{2}$ lb. bread crumbs to stiffen the whole. Roll into pieces about size of ordinary sausages; dip in egg and bread crumbs; then fry in butter or vegetable oil—the oil must be boiling.

Vegetarian Pie.

$\frac{1}{2}$ lb. imperial peas, soaked and boiled soft, $\frac{1}{2}$ lb. lentils, and $\frac{1}{2}$ lb. onions stewed soft. Cover with bread crumbs and bits of butter, and bake.

Vegetarian Pie (2).

1 lb. Potatoes, $\frac{1}{2}$ lb. Mushrooms or Tomatoes, 1 large Onion, 1 oz. Butter, Pepper and Salt.

Peel and slice potatoes, put in dish with mushrooms or tomatoes cut up, also onion and seasoning. On top put the butter broken up, add a little water. Cover with short pastry and bake 1 hour.

Vegetarian Scotch Haggis.

$\frac{1}{2}$ lb. of Flour, $\frac{1}{2}$ lb. of Bread Crumbs, 6 oz. of Butter, a small Onion chopped, a small teacupful of Oatmeal, 2 Eggs, and moisten with water; Pepper and Salt to taste.

Boil for about 3 hours.

Vegetarian Sweetbreads.

Stew 1 large parsnip, 1 onion, and 1 artichoke in milk, and flavour with white pepper, very little salt, and a small pinch mace. When quite soft, cut parsnip in slices and place on top of each piece of Cheddar cheese of same size. Lay these on a thick slice of buttered toast and put in quick oven till cheese becomes soft and slightly brown. While this is cooking, thicken the milk after straining onion and artichoke from it, with a nut of butter and a small spoonful flour. When the sauce boils 5 minutes, pour it on the "sweetbreads" when they are taken from the oven. Decorate with small sprigs of parsley.

SALADS, SAUCES, &c.

SALADS.

A salad dressing requires a spendthrift for oil, a judge for salt, a miser for vinegar, and a madman to mix them.—*Spanish Proverb.*

French vinegar must always be used with oil. Malt vinegar imparts a very disagreeable taste to the salad, for which the oil is often blamed.

When preparing lettuce, place a little water in bottom of deep dish, and put in lettuces, then cover with muslin or thin calico, wetted, and they will keep beautifully crisp. Either tear up the lettuce with your fingers, or cut with a silver knife.

Salad should not be too wet, and, when mixed, all the oil and vinegar should adhere to the lettuce, etc., and not be in the bowl. Nothing but practice will teach the exact quantity of oil and vinegar to use. It is impossible to give the exact quantities, as the lettuce may vary in size. A salad in which cucumber is used will always be more moist than one made of lettuce alone.

Beetroot Salad.

2 boiled Beetroots, 2 Eggs (hard boiled), Salt, Pepper, Oil, Vinegar.

Cut the beetroot into slices, also the egg. Arrange alternately round a glass dish; season, and pour over a little oil and vinegar. Serve in an hour.

Celery Salad.

1 head of Celery, $\frac{1}{4}$ lb. Cheese, 2 Eggs, Mayonnaise Saucy, Cress, Tomatoes.

Cleanse the celery, and cut it into small dice; cut the cheese into small squares, and mix them with enough sauce to cover them. Garnish with cress and slices of hard-boiled eggs and tomatoes.

Green Salad.

Celery, Radishes, Beetroot (cooked), Lettuce, or Endive, or Cress, Cucumber, 2 hard-boiled Eggs, a little Tarragon, Chervil, Vinegar, Salt, Pepper, Sugar, Salad Dressing.

Divide the celery into shreds, cut up the lettuce, and slice the beetroot thin. Mix all together, and season well. Pour a little dressing at the bottom of bowl, and pile the salad high in the centre. Garnish round with the heart of the lettuce, eggs sliced, and beetroot, and sprinkle with the tarragon.

Lettuce Salad (1).

1 Lettuce, $\frac{1}{2}$ Beetroot, $\frac{1}{4}$ Spanish Onion, Cress, 1 Egg (boiled hard), Salt, Mustard, Cayenne, Vinegar, Olive Oil.

Wash lettuce very carefully and put on sieve to drain. Have ready a clean cloth, and tear up lettuce in convenient pieces and toss lightly in cloth till dry. Put a thin slice of onion, the size of a shilling, at the bottom of salad bowl, and mince it as finely as possible, and add the lettuce to this. Dust in some pepper and add 2 table-spoons oil and a dessertspoon vinegar. Mix very thoroughly and serve at once.

Lettuce Salad (2).

1 Lettuce, $\frac{1}{2}$ Beetroot, $\frac{1}{4}$ Spanish Onion, Cress, 1 Egg (boiled hard), Salt, Mustard, Cayenne, Vinegar, Olive Oil.

Pound yolk of egg, salt, mustard, and cayenne together; add

1 tablespoonful vinegar, and stir in; then 1 tablespoonful olive oil or cream, $\frac{1}{2}$ teaspoonful sugar, and the white of egg minced. Cut the lettuce small, and onion also, with the cress and sliced tomato or beetroot. Pour dressing over the lettuce, &c.

Summer Salad.

2 Lettuces, Mustard, and Cress, young Radishes, Cucumber.

Use a silver knife, and cut lettuces, radishes, and cucumber into thin slices. Place sauce at bottom of bowl, then the salad, and garnish with sliced egg (boiled hard) and cress. Care must be taken to have vegetables fresh and thoroughly drained. Slices of cold meat or poultry added to a salad make a convenient and quickly made luncheon dish; or cold fish, flaked, will be found exceedingly nice mixed with it.

Tomato Salad.

3 or 4 Tomatoes, 1 Lettuce, $\frac{1}{2}$ Boiled Egg, $\frac{1}{2}$ teaspoonful Salt, do. Sugar, 1 teaspoonful finely chopped Spanish Onion, 1 tablespoonful Salad Oil, 1 do. Brown Vinegar.

Put tomatoes in hot water, remove skin, and cut in four. Put in basin with onion, salt, sugar, and sliced egg, along with lettuce well washed, dried, and broken. Pour over these the oil and vinegar. Mix well with two forks, so that vinegar may be well through salad. Turn on dish, and serve at once.

Winter Salad.

Endive, Mustard, and Cress, boiled Beetroot, Celery, Eggs.

Shred the celery into thin pieces; arrange endive and cress in middle of bowl. Garnish with beetroot (sliced) and eggs (sliced), putting the dressing at bottom of bowl.

Salad Dressing.

Yolks of 2 newly-laid Eggs, Mustard, Pepper, and Salt, Tarragon Vinegar, a good teaspoonful of Castor Sugar, $\frac{1}{2}$ pint Salad Oil.

Beat the eggs well with a little mustard, pepper, and salt; then gradually mix the oil, and, when well mixed, add vinegar and sugar.

Salad Dressing (No. 2).

Yolks of 4 hard-boiled eggs. When cold, mash with back of spoon. Add pinch of salt and mustard; then by degrees salad oil till the consistency of thick cream, then vinegar enough to bring to consistency wanted.

Salad Dressing, with Butter.

A large quantity which will keep two weeks.

4 tablespoonfuls Butter, 1 tablespoonful Flour, 1 teaspoonful Salt, 1 do. Sugar, 1 do. Keen's Mustard, a little Cayenne, 1 cup Milk, $\frac{1}{2}$ cup Vinegar.

Melt butter; add flour, then the milk, and boil up. Place pan in another of boiling water. Beat eggs and other ingredients together, stir into the boiling mixture, and stir till it thickens like custard.

Salad Dressing without Oil.

Put the yolks of two hard-boiled eggs into a basin, add to them one teaspoonful of castor sugar, the same of dry mustard, and a quarter of a teaspoonful of salt and pepper. Mix well together, then add to it slowly, stirring all the time, a quarter of a pint of cream. Mix in one tablespoonful of vinegar, and it is ready for use.

Cream Salad Dressing for Cold Salmon, &c.

2 Eggs, 3 tablespoonfuls Vinegar, 1 do. Cream, 1 teaspoonful Sugar, $\frac{1}{4}$ teaspoonful Salt, $\frac{1}{2}$ teaspoonful Keen's Mustard.

Beat eggs well, add other ingredients by degrees, place bowl in boiling water, and stir till thickness of cream. Cool and use as required.

Victoria Salad (for Tea).

Cut some new brown bread and butter in thin slices. Spread one side with shrimp paste or anchovy. Cut into squares, and roll up in cylinder shapes with a little chopped watercress or mustard and cress. Stand each upright on dish in a little ring of raw cucumber. Put a radish on the top.

SAUCES.

If at any time a sauce oils, add a little cold milk, water, or stock, and pour backwards and forwards a few times. If by any chance it is lumpy be sure to put it through a strainer. Just a squeeze of lemon juice added to sauces, soups, gravies, or stews, after cooking, brings out the flavour wonderfully, and is a great improvement.

Anchovy Sauce.

1 oz. Butter, $\frac{1}{2}$ oz. Flour, $\frac{1}{2}$ teaspoonful Lemon Juice, $\frac{1}{2}$ pint Milk, 1 teaspoonful Anchovy Sauce, pinch Cayenne Pepper.

Melt butter in pan, add flour, mix till smooth. Pour the milk over, and stir till boiling. Remove from fire, and add seasonings—no salt, as essence is salt enough.

Apple Sauce.

6 Apples, Butter, and Sugar.

Prepare apples as for pie. Put in saucepan with tablespoonful water; simmer till soft; drain water from them, and stir in a little butter and moist sugar. They will do equally well in basin covered with plate in oven.

Aspic Jelly.

1 quart Stock, whites and shells of 3 Eggs, 1 Onion sliced, Carrot, 1 tablespoonful Vinegar, 1 teaspoonful Salt, $\frac{1}{2}$ teaspoonful Pepper, 2 oz. leaf Gelatine, Juice and Rind of 1 Lemon, 4 Cloves.

Put all the ingredients into a saucepan, slightly beating the eggs with a little of the stock; stir with whisk until it boils. Remove the whisk, and let the froth boil up to the top of the saucepan. Cover, and let it stand ten minutes to clear. Then pour through the jelly bag, first pouring boiling water to warm the bag. Use for savoury, garnish, &c.

Batter for Frying Vegetables.

2 Eggs, $\frac{1}{4}$ lb. Flour, teacupful Water.

Beat eggs with flour till quite smooth; add water, pepper, and salt. It should be rather thick, or it will not adhere.

Bread Sauce.

4 oz. fine Bread Crumbs, $\frac{1}{2}$ oz. Onion, a blade Mace, 1 doz. white Peppercorns, $\frac{1}{2}$ pint Water, 1 oz. Butter, 3 tablespoonfuls Cream.

Cut onions in thin slices; set on fire with the water, mace, and pepper. Boil till onion is soft; strain water over crumbs, cover with

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plate, and when quite cool mash and put in pan with butter, cream, and a small saltspoon salt. Mix all well together, and simmer till hot.

Brown Sauce.

1 oz. butter, 1 oz. flour, $\frac{1}{4}$ pint stock, 1 tablespoon ketchup, pepper and salt. A little bovril may be added.

Brown Sauce (Vegetarian).

Mix 1 oz. flour, and 1 oz. butter in a small saucepan, stirring till it browns; add enough boiling water to make it the consistency of cream, with pepper and salt. 1 tablespoonful ketchup may be added, if liked.

Browning for Soup.

Put 1 oz. of brown sugar in an iron saucepan, with 1 spoonful of water and a tiny piece of butter. Stir with iron spoon till browned a dark colour. Add a teacupful of cold water, and boil for 10 minutes. Strain, and bottle for colouring soups and sauces. Use a teaspoonful to colour your soups and sauces, if not already brown enough.

OR,

Butter bottom of pot. Add $\frac{1}{2}$ lb. brown sugar. Stir slowly over fire till dark brown, but not burnt. Add gradually a tiny drop at a time of water, stirring constantly till quite smooth. Bottle for use.

Browning for Soup (2).

$\frac{1}{2}$ lb. Brown Sugar, 1 tablespoonful Water.

Put into pan and stir steadily over fire till it becomes a deep dark brown colour. Then add 1 cupful boiling water and 1 teaspoonful salt. Boil a minute longer, bottle and keep corked.

One tablespoonful will colour a clear soup, and it can be used for many jellies, gravies, and sauces.

Browning for Soup (3).

Mix $\frac{1}{2}$ lb. dark chicory in 1 quart cold water. Boil for 15 minutes. Then strain and bottle for use.

Maitre d'hotel Butter.

1 oz. Butter, tablespoonful chopped Parsley, teaspoonful Lemon Juice, Salt, and Pepper.

Mix all together cold. To be spread over steak, fish, &c.

Caper Sauce.

1 oz. Butter, $\frac{1}{2}$ oz. Flour, Pepper, Salt, $\frac{1}{4}$ pint Liquor, 1 tablespoonful Capers.

Make sauce as directed for melted butter, using $\frac{1}{2}$ pint of the liquor the meat was boiled in instead of water, and when sauce has boiled stir in the capers, either whole or finely chopped. Let it boil one minute to take off the crispness of the capers.

Celery Sauce for Boiled Fowl.

2 heads Celery, 1 teacupful Stock, in which Chicken or Turkey was boiled, 1 teacup Milk, Salt, and Nutmeg; 1 large tablespoon Flour, and 1 do. Butter.

Wash, trim, and boil celery in salted water till tender; drain, and cut in pieces $\frac{1}{2}$ inch long. Thicken stock with flour, add butter, salt, and nutmeg, and, lastly, milk. Stir and beat till smooth. Put in celery and heat almost to boiling point, stirring all the time. If celery out of season take 1 teaspoon celery salt.

Cauliflower sauce may be made in same way.

Cherry Sauce.

$\frac{1}{2}$ lb. dried Cherries, 2 oz. Sugar, a few drops Cochineal, $\frac{1}{2}$ pint Water.

Boil sugar and water for ten minutes; drop in cherries, and boil till tender. Rub through sieve, and add a few drops cochineal if required.

Chestnut Force-meat.

1 small Onion, 1 teaspoonful chopped Parsley, 1 dozen Chestnuts, 2 oz. - Butter, 1 tablespoonful grated Ham, the Liver of a Turkey or Fowl, Salt, Pepper, and dust of Mace.

Roast and peel the chestnuts, pound them, add the onion, parsley and ham minned, the mace, seasoning and butter. Mix well, and use for turkey, fowl, etc.

Chocolate Sauce.

2 oz. Chocolate (Cadbury's), 2 teaspoonful Sugar, $1\frac{1}{2}$ gills Milk, $\frac{1}{2}$ pint Cream, $\frac{1}{2}$ teaspoonful of Essence of Vanilla.

Boil the milk, mix smoothly with the chocolate grated, return to the pan, boil gently 5 minutes, add vanilla, sugar and cream whipped.

Chutney (1).

A.—4 lb. Apples, 2 lb. brown Sugar.

B.—2 lb. Sultanas, 4 oz. green Ginger, or 2 oz. ground Do., 4 oz. Garlic, $\frac{1}{4}$ oz. Cayenne, 1 quart Vinegar.

Boil A to the consistency of jam, after paring and coring the apples. Chop the raisins and garlic fine, and add them and all of B to the apples, and boil 10 minutes longer. Pour the whole into a jar, and, while hot, mix well with the vinegar, adding salt to taste. Bottle when cold.

Chutney (2).

$1\frac{1}{2}$ lb. Brown Sugar, $2\frac{3}{4}$ Apples (minced), 1 lb. Sultanas (minced), $\frac{1}{4}$ lb. sweet Almonds, $\frac{1}{2}$ oz. Onions, $2\frac{1}{4}$ oz. Salt, $\frac{1}{2}$ oz. Ground Ginger, $1\frac{1}{2}$ quarts Vinegar, a little Cayenne Pepper

Mix, and boil 3 hours.

Indian Chutney.

1 lb. best Raisins (stoned), 1 lb. Tamarinds (stoned), 3 oz. Garlic (peeled). Mince all these to a very fine pulp. 3 lbs. Sour Apples, 1 lb. Coarse Sugar, 2 quarts Brown Vinegar, $\frac{1}{2}$ lb. Salt, 1 oz. Cayenne Pepper, 2 oz. Ground Ginger, 3 oz. Mustard.

Boil apples in 1 quart of the vinegar until it forms a syrup. When quite cold, mix together the whole of the other ingredients with a wooden spoon, put into wide-mouthed jars and cork firmly.

Clarified Butter.

Put $\frac{1}{2}$ lb. fresh butter in pan, stand over a very little heat, boil very gently, skimming well, until it looks like a clear salad oil, pour very carefully into a sauceboat, keeping back the sediment. Serve with boiled fish, artichokes, asparagus, etc.

Curry Sauce.

Cut an onion in thin rings, fry in butter a light brown, add tablespoonful curry powder. Fry a minute, then add 1 tin of tomato conserve, 12 cloves, 6 cardamom seeds, 3 bay leaves, a sprig of tarragon, 3 cloves of garlic shred fine. Stir and boil all for a few minutes; if too thick add a little water, then strain it to be ready for use.

Custard Sauce.

Heat $\frac{1}{2}$ pint milk in saucepan, and add 2 eggs well beaten, or 2 yolks and 1 white, and sugar to taste. Mix and stir over fire till it begins to thicken, but not to boil. Flavour.

Sauce for Cod.

1 oz. flour cooked for 5 minutes in 1 oz. butter. Add gradually $\frac{1}{2}$ pint milk and $\frac{1}{2}$ gill cream, and a cooked parsnip cut in dice.

Cocoanut Sauce.

1 oz. Butter, 1 oz. Flour, 1 teaspoonful Dessicated Cocoanut, $\frac{1}{2}$ pint Milk, $\frac{1}{2}$ pint Cold Water, 2 teaspoonfuls Sugar.

Melt butter in pan, stir in flour smoothly, add water and milk, half at a time, stir in cocoanut and sugar, and bring to boil.

Dutch Sauce.

1 oz. Butter, 1 oz. Flour, $\frac{1}{2}$ pint Milk, 1 dessertspoonful Vinegar, 1 yolk Egg, Salt, and Pepper.

Melt butter, add flour, add milk, boil 5 minutes. Drop in yolk of egg off fire, and stir till it thickens; then add vinegar. Mix well and serve.

Egg Sauce (1).

1 Egg hard boiled, $\frac{1}{2}$ teaspoonful Salt, 1 oz. Butter, Cayenne, $\frac{1}{2}$ pint Stock, $\frac{1}{2}$ pint Milk, 1 oz. Flour, Pepper.

Put butter and flour to melt in pan, add stock, milk, seasoning, beat and stir till smooth; boil 5 minutes. Add the egg minced, and serve. If for fish, the stock can be made from the bones and trimmings of fish.

Egg Sauce (2).

Boil egg for 10 minutes, then dip in cold water to whiten white and keep yolk bright and yellow. Bring $\frac{1}{2}$ pint milk to boil. Mix 1 oz. flour gradually with a little cold milk. Pour over it the boiled milk, pepper, a very little salt, $\frac{1}{2}$ teaspoonful mustard, and the finely-chopped white of the egg, and boil sauce 2 minutes after it comes to the boil; then immediately before pouring over fish add $\frac{1}{2}$ teaspoonful butter, which gives a nice fresh flavour.

Fruit Sauce.

Take a good teaspoonful corn-flour, mix with a little water, adding 4 tablespoonfuls cherry or any fruit syrup, and boil till it thickens. Serve cold. If wanted richer, more syrup should be added, but it should first be thickened by boiling to evaporate some of the water.

Pine-Apple Sauce.

Place some pine-apple juice in pan and add castor sugar to taste. Boil till thick, and, if liked, add corn-flour. Serve with pine-apple fritters or semolina shape.

Foam Sauce, for Pudding.

$\frac{1}{2}$ teacupful white Sugar, 1 Egg (separate yolk from white), 3 tablespoonfuls boiling water.

Dissolve sugar in water, beat up yolk and add, then flavour to taste, and add the white, well whisked, last.

Sauce for Stuffed Haddock.

1 oz. Flour, 1 oz. Butter, $\frac{1}{2}$ pint Milk, 1 teaspoonful Anchovy Sauce, Lemon Juice, Pepper, and Salt.

Stir till thick, and pour round fish.

Hollandaise Sauce (Veal Cutlets).

Take the yolks of 2 eggs, add a spoonful cold water. Whisk in saucepan, add juice of $\frac{1}{2}$ lemon, and tablespoonful cream, a little pepper and salt. Stir over fire, taking care to keep it smooth.

Horse Radish Sauce.

Grate the horse radish, add $\frac{1}{2}$ teaspoon salt, pinch of dry mustard, 1 teaspoon castor sugar, and mix all well with a tablespoon cream. Then add a tablespoon of milk to a dessertspoon of vinegar, and make to consistency of thick cream.

Glaze.

Put in basin 1 oz. gelatine, $\frac{1}{2}$ pint cold water, 3 teaspoonfuls Liebig, tablespoonful ketchup, teaspoonful sauce, pinch salt and pepper.

Gravy for Roast Meat.

When the meat is cooked put it on a hot dish, and pour the dripping into a jar. Pour about a gill of hot stock or water into the dripping-pan, scraping the brown particles off which adhere to the pan, and which colour the gravy. Strain and pour it round the meat, not over it, or it would not be crisp but sodden. Salt must not on any account be sprinkled on the meat to make gravy, for when the gravy is drawn from the meat the latter becomes dry and indigestible. If the roast has been sprinkled with flour $\frac{1}{2}$ hour before finishing, gravy is much richer in colour.

Mayonnaise Sauce.

$\frac{1}{2}$ pint Salad Oil, 1 dessertspoonful Vinegar, yolk of 1 Egg (raw), a few drops Lemon Juice, $\frac{1}{4}$ teaspoonful Mustard, a dust of Salt, Pepper, and Cayenne.

Put the yolk of egg in a basin; add mustard, pepper, salt, and cayenne; then the oil, drop by drop, stirring quickly all the time; then vinegar and lemon juice. The sauce must be kept quite stiff. Should sauce curdle, drop in another yolk of egg, and it will be brought to its original state.

Melted Butter.

1 oz. butter and 1 oz. flour stirred over fire till flour is absorbed. Add breakfastcupful water or milk. Stir till it boils and thickens. Season with pepper and salt, and serve very hot.

Sweet Melted Butter.

$\frac{1}{2}$ oz. butter and $\frac{1}{2}$ oz. flour stirred over fire till smooth. Add $\frac{1}{2}$ pint water. Stir till it boils and thickens. Add tablespoonful sugar and a little cinnamon or other flavouring, or add instead 4 tablespoonfuls raspberry vinegar (Rather thicker than good cream.)

Mint Sauce.

3 tablespoonfuls freshly-minced Mint, $\frac{1}{4}$ pint Vinegar, 1 tablespoonful Castor Sugar, melted in 1 gill boiling Water.

When cold mix the vinegar with it, and add the mint last. Better for standing.

Mint Sauce (for keeping).

Wash and pick the mint carefully, and chop up very fine. To 3 tablespoonfuls of chopped mint, add 2 dessertspoonfuls of sugar and 1 teaspoonful salt, and 2 gills white vinegar. When you use it, add a little water to the quantity required.

Molasses Sauce (for Apple Dumpling, &c.)

1 pint Treacle, 1 tablespoonful Butter, the juice of 1 Lemon, or a large tablespoonful Vinegar.

Boil 20 minutes. May be thickened with a little corn flour, mixed in a little cold water.

Mustard Sauce.

Mix 2 tablespoonfuls Keen's ready-made mustard with $\frac{1}{4}$ pint of white sauce or melted butter. A teaspoonful of vinegar may be added, if liked, also a few grains of cayenne. Used with fresh boiled lobsters, herring, and tripe.

Onion Sauce.

Boil 4 onions till they are tender, with a little salt. Drain and chop them. Put a dessertspoon of butter in the saucepan; dissolve a dessertspoon of flour in a teacupful of milk. Let the butter get hot; put in the onions, flour, and milk. Stir till it boils; add salt and pepper to taste; and, just before serving, stir in a small bit of butter, but do not let it boil again. Serve with mutton, either boiled or roasted.

Oyster Sauce.

Open oysters when just ready to make sauce. Save their liquor, strain it, and put it to them, and bring only to the boil. Pour them into a basin, and after picking and bearding them, return to stewpan, in which there must be a proportion of $\frac{1}{2}$ pint very thick melted butter to 2 dozen small oysters. Strain liquor over them, and let them come to the boil; set by side of fire till tender, but don't allow to boil or will harden oysters. When ready stir in a little cream, and a squeeze of lemon juice.

Parsley Sauce.

1 oz. Butter, 1 oz. Flour, $\frac{1}{2}$ pint Water, 2 tablespoonfuls chopped Parsley, Pepper and Salt.

Wash, dry, and chop parsley finely, throw it into a small saucepan of boiling water slightly salted, and boil 3 or 4 minutes, not longer. Then stir it into melted butter, made as directed.

Sauce Piquante.

2 teaspoonfuls chopped Onions, 1 teaspoonful Vinegar, and $\frac{1}{2}$ teacupful Stock.

Boil onion a few minutes, add a cupful brown sauce, which must be as thick as cream, 1 teaspoonful French mustard, a few chopped gherkins and mushrooms.

Russian Sauce.

Slice 3 onions. Brown them in 1 oz. butter, with pinch pepper and salt. Cover with tight lid till the onions are ready. Add 1 oz. flour, a cup of stock, a small half teacup of cream. Stir over fire for 5 minutes, and strain.

Sage and Onion Stuffing.

$\frac{1}{2}$ lbs. Onions, 1 dessertspoonful Mixed Sage, 3 oz. Bread Crumbs, 2 teaspoonful Salt, $\frac{1}{2}$ teaspoonful Pepper.

Peel the onions and boil $\frac{1}{2}$ hour, then drain and chop them, add sage, bread crumbs and seasoning, and mix well. For roast goose, etc.

Soubise Sauce.

3 Onions, $1\frac{1}{2}$ oz. Butter, $\frac{1}{2}$ teaspoonful Salt, 2 tablespoonful Cream, $\frac{1}{2}$ pint Milk, 1 oz. Flour, $\frac{1}{2}$ teaspoonful Pepper.

Peel onions, blanch them, cook gently in boiling water, and rub through wire sieve when tender. Melt butter in pan, stir in flour smoothly, add pepper, salt, and milk gradually. Stir till boiling, add onions, boil again, add cream and a dust of nutmeg.

Sweet Sauce (No. 1).

$\frac{1}{2}$ oz. Butter, $\frac{1}{2}$ pint Milk, $\frac{1}{2}$ oz. Flour, 2 oz. Sugar (or 3), and a little Cream if required.

Mix the butter into the flour and sugar thoroughly; add the milk gradually, and bring to the boil, stirring all the time. Flavour with lemon or vanilla or essence of almonds to taste.

Sweet Sauce (No. 2).

4 lumps Sugar, a nut of Butter, 5 Cloves, a gill of Water.

Boil hard for 3 minutes, with lid off pan. Then add 2 tablespoonfuls red currant jelly, and boil 1 minute longer.

The syrup of any canned fruit makes a nice sauce, allowing pint of juice to heaped teaspoon corn flour dissolved in a little cold water. Boil 5 minutes.

Sweet Jam Sauce.

1 tablespoonful Jam, do. Sugar, 1 gill Water.

Let these boil by side of fire while pudding is cooking. Pour over and round pudding. May add squeeze of lemon juice.

Shrimp Sauce.

1 oz. Butter, 1 oz. Flour, $\frac{1}{2}$ pint Milk, $\frac{1}{4}$ pint Shrimps, $\frac{1}{2}$ teaspoonful Anchovy Essence, $\frac{1}{2}$ teaspoonful Lemon Juice, good pinch Cayenne.

Make sauce. Pick shrimps, remove head, tail, and shell. Put in cold water $\frac{1}{2}$ hour. Drain and add to sauce with anchovy and cayenne. Stir on fire for 1 minute. Add lemon juice.

Tomato Butter.

4 Tomatoes, 2 oz. Butter, a little Salt, Cayenne, and Carbonate of Soda (and a few drops of Carmine if needed for colour).

Put these in a stewpan on the side of the stove for twenty minutes, and then rub through a hair sieve and re-warm for use.

Tomato Gravy.

Boil 2 or 3 onions till tender, and take $\frac{1}{2}$ tin of tomatoes, rub both through wire sieve. Add a little water, and bring to boil, salt to taste, and thicken with flour rubbed to smooth paste with cold water.

Tomato Jelly.

Put in pan 1 pint Tomato Puree from tin of Tomato, 1 pint Cold Water, 2 oz. Leaf Gelatine, small piece Carrot, Turnip, and Onion, 1 teaspoonful Salt, juice from $\frac{1}{2}$ Lemon, whites and shells of 2 Eggs.

Whisk over fire, and strain through cloth in usual way. Add a little carmine to colour after straining.

Tomato Sauce.

4 large Tomatoes, 1 small Onion, 1 small Carrot, 1 gill Stock, $\frac{1}{2}$ teaspoonful Salt, small lump of Sugar, $\frac{1}{2}$ Lemon, Cayenne Pepper.

Remove stems of ripe tomatoes; cut them into slices, and stew with the onion, carrot, and stock till quite soft. Then pass through hair sieve. Season with cayenne, sugar, lemon juice, and salt.

Vegetable Sauce.

Cut some young carrots, turnips, and onions in thin stripes an inch long; 1 slice of bacon cut same way, and white of an egg boiled hard. Have bacon and vegetables cooked in water. Strain, and add to a pint of brown sauce. Will do for mutton cutlets.

White Sauce for Vegetables.

1 oz. Flour, 1 oz. Butter, $\frac{1}{2}$ pint Milk, Salt, Pepper, and a few drops Lemon Juice.

Melt the butter and stir in the flour, salt, and pepper; then add the milk gradually, and boil 5 minutes.

Sauce for Veal Cutlets.

Melt and brown piece of butter size of hen's egg, add 1 tablespoonful flour. Cook 2 minutes. Add 1 tablespoonful ketchup, 1 teaspoonful Harvey's sauce, 1 pint stock, a teaspoonful lemon juice, salt, and pepper. Boil, skim, and strain round cutlets.

Sauce for Cold Meat.

4 tablespoonfuls grated horse radish, a little made mustard, pepper, salt, and sugar, and just enough vinegar to make it like cream.

Pork Force-meat.

2 lbs. Onions, 1 tablespoonful Crushed Sago, $\frac{1}{4}$ lb. Bread Crumbs, Salt and Pepper.

Cut the onions in quarters, drop into slightly salted boiling water. Parboil 15 minutes, drain, chop up, add sage, salt and pepper. Use for stuffing pork, ducks, geese, etc.

Force-meat (No. 1).

$\frac{1}{4}$ lb. chopped Lean Ham, a little Suet, Broad Crumbs, 3 hard-boiled Eggs, chopped fine, teaspoonful Minc'd Parsley, $\frac{1}{2}$ teaspoonful Mushroom Powder, and a little Ketchup and Vinegar, if liked.

Bind all together with 1 egg.

Force-meat (No. 2).

6 oz. bread crumbs 4 oz. suet, a teaspoonful each of chopped parsley and mixed herbs, chopped lemon rind, 2 oz. lean bacon, salt, cayenne, and mace, 1 egg, and a little milk.

Force-meat (uncommon) for Pair of Fowls or one Turkey.

Boil $\frac{1}{2}$ pint chestnuts till quite soft, peel, and pound them up to fine powder, then mix with $\frac{1}{4}$ lb. sausage meat.

Stuffing for Boiled Turkey.

. $\frac{1}{4}$ lb. suet, 2 oz. lean, raw Wiltshire bacon, chopped. Add $\frac{1}{2}$ lb. bread crumbs, half contents small tin button mushrooms, teaspoonful mixed sweet herbs, if liked, 2 whole eggs, and seasoning of pepper and salt.

Also suitable for roast veal, but, as veal is rather insipid, $\frac{1}{4}$ lb. bacon.

Mushroom Stuffing for Roasted Turkey.

$\frac{1}{4}$ lb. fresh mushrooms (forced can always be had), peel, trim, and drop into cold water. Put in enamelled pan with just the water that clings to them when lifted out. Add 1 oz. butter, squeeze lemon juice, small onion chopped finely, and 1 oz. chopped Wiltshire bacon. Stew, or rather steam, very gently till tender. Strain them out of the liquor, chop finely, and add them to $\frac{1}{4}$ lb. fine bread crumbs. Pound in 2 yolks of eggs, and as much of the mushroom liquor as the mixture will stand without being too wet. Season nicely with cayenne, salt, and pepper.

Superfine Stuffing for anything to be served cold, as galantine, chartreuse, or game pie, &c. Also hot for quails and other small birds.

$\frac{1}{2}$ lb. calf's liver cut small, $\frac{1}{4}$ lb. streaky bacon, also cut small. Chop a slice of onion, then fry bacon a little. Add onion, fry a minute, and then fry liver till cooked. Add teaspoonful of herbaceous mixture, salt, and a good pinch cayenne. This must now be allowed to cool, then it is chopped, pounded, and passed through wire sieve.

Stuffing for Poultry.

1 pint Bread Crumbs, 1 teaspoonful Pepper, 1 small do., Salt, 1 oz. Thyme, and a little chopped Parsley.

Melt a piece of butter size of an egg in 1 cup boiling water, and mix, adding 1 egg.

Tomato Catsup.

Boil 1 bushel ripe tomatoes, skin and all, and when soft strain through a colander (not a sieve). Add to this pulp 2 quarts best vinegar, breakfastcup salt, 2 lbs. brown sugar, $\frac{1}{2}$ oz. cayenne pepper, 3 oz. each of powdered allspice and mace, 2 oz. powdered cinnamon, 3 oz. celery seed. Mix spices and sugar together, and stir into the tomato, add the vinegar and stir thoroughly. Now strain through a sieve. A good deal of rather thick pulp will not go through. Pour all that runs through into a large pan, and let it boil slowly till reduced to half. Bottle, and keep in cool, dark place. Will keep for years. Put the thick pulp in a smaller pan and boil 20 minutes. Use this as a pickle for cold meat or boiled fish. A teacupful will flavour a soup.

Pickled Beetroot and Onions.

1 large Beetroot, 1 Spanish Onion.

Slice them thin, and place a layer of beetroot and onion alternately in a deep bottle with a little sugar. Press them down well till the bottle is nearly full. Pour into it cold vinegar to the top, and tie it over. Ready for use in two days.

Red Cabbage to Pickle.

Take a firm cabbage, wash well, and take off outside leaves. Shred cabbage into slender slips and place a layer on a sieve, and sprinkle it freely with salt. Repeat till all is salted. Allow to remain two days thus, turning several times to drain, then put in jar. Boil 1 pint vinegar with 1 teaspoonful peppercorns, 6 cloves, a blade of mace, and pour it hot over cabbage. A few slices beetroot will improve the colour. When cold, cover up tightly.

To Pickle Beetroot.

6 Beets, 2 pints Vinegar, $\frac{1}{2}$ oz. Ginger, $\frac{1}{2}$ oz. Peppercorns, 1 blade Mace, 1 doz. Cloves.

Boil 1½ hours. Peel, cut in slices $\frac{1}{8}$ in. thick. Put in jar; boil 1 pint vinegar, &c., and when cold add 1 pint cold vinegar. Pour over in jar. Cover tightly when quite cold.

Pickle for Meat.

1 gallon Water, $2\frac{1}{2}$ lbs. Salt, $\frac{1}{4}$ lb. Saltpetre, $\frac{3}{4}$ lbs. raw Sugar.
Boil well. Skim. Use when cold.

Walnut Gravy.

3 tablespoonfuls Grated Walnuts, 1 pint Stock, 1 teaspoonful Butter, 1 tablespoonful Flour, Onion or Tomato Sauce.

Heat butter in pan, add walnuts and fry dark brown, stirring well to prevent burning. Pour on stock (made from beans or any vegetables) or water, and simmer slowly until just before serving. Then add a tablespoonful flour to thicken, and seasoning and a few drops onion or tomato sauce. Strain. This is a rich and savoury gravy.

SAVOURIES and BREAKFAST DISHES.

Anchovy Toast and Poached Eggs.

Cut crusts off slice of toast, butter. Pour teaspoonful anchovy essence over. Put near fire to melt butter, and prick toast with point of knife to let all soak in. Place poached eggs over, and sprinkle parsley on top.

“Angels on Horseback.”

Take a slice of bacon, roll it up; take an oyster, and skewer it on the roll of bacon; repeat until the ashet is full; bake in the oven.

Baked Onion, Stuffed with Kidney.

Take a large Spanish onion, and peel; then cut off one end a thick slice, to form a lid while baking. Scoop out all the inside of onion. Then take some mutton kidneys; skin, and cut in half, seasoning with pepper and salt. Fill the onion with this, and place on the thick piece as lid. Put in a stewing jar with a little water and a small piece of butter. Cook for two hours, taking care not to allow it to get dry.

Brains on Toast.

Sheep's or Calf's Head, 2 oz. Chopped Ham, Pepper and Salt, 2 teaspoonfuls Cream.

Soak brains in salt water and remove the fibre. Drop into boiling water and simmer 15 minutes. Lift out and remove skin. Chop up and mix with them the ham, cream, salt, and pepper. Pile up on buttered toast, sprinkle with brown bread-crumbs and minced parsley, and serve.

Bombay Toast.

Cut a slice of bread $\frac{1}{4}$ inch thick, and then stamp out pieces the size of a half-crown, and fry them a nice brown. Spread a thin coating of any kind of pounded meat over them, and a little chutney over that. Put a piece of toasted cheese on top of each one, and dish up.

Celery Cream.

$\frac{1}{2}$ pint Cream, a few drops Essence of Celery, Salt, Pepper, Puff Paste.

Switch the cream, then add the celery, and pepper and salt to taste. Roll out the paste, and cut into small rounds and bake them. After they are cold, pile some cream on each round. Garnish with cress and a little grated cheese.

Cheese Balls.

Beat the whites of 2 eggs to stiff froth, stir in 2 oz. grated Parmesan cheese, salt and cayenne to taste. Shape mixture into balls the size of marbles, and drop in boiling fat. Fry for 5 minutes till a golden brown, drain well, and sprinkle grated cheese over.

Cheese Croustades.

Roll out some puff paste, about 1 inch thick, $2\frac{1}{2}$ inches long, and $1\frac{1}{2}$ inches wide, and place these on a wet baking tin. The knife should be run lightly round each piece of paste, so that it can be lifted

out when baked. When baked enough, remove the inner layer of paste, scooping it well out. Then fill up with the following mixture:—Make a thick white sauce, and add enough grated cheese (gruyère or cheddar)—to taste well of cheese, adding a little cayenne and carbonate of soda, and serving quite hot.

Devilled Cheese.

2 oz. Cheese, 1 tablespoonful Hot Pickles, piece of Butter size of Walnut, Cayenne Pepper and Mustard.

Put cheese into pan with the butter. When quite melted, add the pickles, chopped up, pepper and mustard, and serve on rounds of toast.

Cheese Fingers.

2 slices Toast, 1 tablespoonful Cream, 2 tablespoonful Grated Parmesan, 2 oz. Sweet Almonds, Pepper, and 1 tablespoonful Chopped Parsley.

Blanch almonds and cut in four, fry in butter till a golden brown and drain well. Mix cheese, pepper, parsley, and cream, and spread mixture on toast. Cut in lengths $1\frac{1}{2}$ inches wide. Sprinkle almonds over, and serve very hot.

Cheese Fondue.

½ pint Milk, 4 oz. Bread Crumbs, 2 Eggs, 6 oz. grated Cheese; season with Pepper, Salt, and Cayenne.

Boil the milk, and put it over the crumbs; allow this to cool, and then add the other ingredients. Bake in a good oven for about 20 minutes. It can be baked in a small pie-dish, but it is nicer in small ramekins, or just dropped in spoonfuls upon a greased paper in a tin.

Cheese Fritters (1).

2 oz. grated Cheese, 1 dessertspoonful Mustard, 2 tablespoonfuls Flour, very little Pepper and Salt.

Mix in $\frac{1}{2}$ gill milk. Beat up 2 whites of eggs very lightly; add, and fry in small fritters.

Cheese Fritters (2).

1 tablespoonful Flour, 1 Egg, a little Milk, Pepper, Salt, and Cayenne; 4 oz. grated Cheese.

Mix to a thick batter, stir in cheese just before frying. Immediately before removing fritters from pan, lay a thin slice of cheese on each, and serve very hot.

Cheese Muff.

1½ oz. Butter, 4 oz. grated Cheese, 1 teaspoonful Salt, 4 well-beaten Eggs.

Put cheese and butter and a few bread crumbs into pan on fire. When they begin to melt add eggs and seasoning. Stir and cook till mixture can be pushed up into a soft muff-like form. Serve instantly.

Cheese Omelette.

1 breakfast-ful Milk, $\frac{1}{4}$ lb. Cheese, 2 Eggs, Pepper and Salt.

Grate the cheese, and put it in a pan with the milk. Set it over the fire, and stir until the cheese is melted; then lift pan from the fire. Beat up the eggs; add them to the cheese and milk, also pepper and salt to taste. Pour all into a hot buttered pie-dish, and brown in an oven before the fire for 15 minutes.

Cheese Pudding (1).

4 lb. Bread, grated; $\frac{1}{4}$ lb. Cheese, grated; 2 Eggs, Pepper, Salt, a pinch of Carbonate of Soda, and Milk.

Mix bread and cheese well; add pepper, salt, and yolks of eggs,

with sufficient milk or cream; beat up whites, then add very lightly. Bake in oven for half-an-hour.

Cheese Pudding (2).

4 oz. Cheese, 1 teacupful Milk, 1 dessertspoonful Flour, 1 Egg, Pepper, Salt, and a tiny pinch of Carbonate of Soda.

Put the milk into a pan, and grate or slice the cheese into it, stirring in the flour, pepper, salt, and carbonate of soda. Bring to the boil, and, when quite smooth, pour all into a pudding dish, adding the egg (yolk and white beaten up separately). Place in an oven till brown and well risen. Serve hot.

Potted Cheese.

(A good way to use the last pieces of dry Cheese).

1 lb. of Cheese (grated), 4 oz. of butter, 1 tablespoonful of made Mustard, Salt and Pepper to taste.

Mix all to a stiff paste with thick cream. This mixture will keep good for several weeks.

Cheese Souffle.

1 oz. Butter, 1 oz. Flour, 1 gill Milk, $\frac{1}{2}$ teaspoonful Salt, 3 oz. grated Cheese, 3 yolks of Eggs, 4 whites, and a little white and Cayenne Pepper.

In a small saucepan mix the butter and flour over the fire, then add the milk. Stir till it boils and thickens. Take the pan off the fire and add the seasonings; mix well, add yolks one by one, then the cheese. Have the whites beaten stiff, and stir them in gently. Pour all into a buttered souffle tin or pie-dish, and bake in a quick oven 20 minutes. Serve instantly.

Cheese (Stewed).

Melt $\frac{1}{2}$ oz. butter in pan. Add 1 oz. grated cheese, $\frac{1}{2}$ oz. flour, $\frac{1}{2}$ teaspoon mustard, and about 1 gill milk to form the cheese into nice smooth batter, rather thicker than cream. Prepare a slice of toasted bread, cut in four pieces, and place on each a spoonful of stewed cheese.

Cheese Straws.

3 oz. of Flour, 2 oz. of Butter, yolk of an Egg, 2 oz. of grated Cheese, Cayenne Pepper, and Salt.

Rub the butter into the flour, add the grated cheese and seasoning (Parmesan is best), mix all together with the yolk of an egg. Roll out and cut into strips about two inches long. Bake on a greased baking-sheet till a pale fawn colour.

Cheese and tomato straws made by adding 1 tablespoonful tomato purée to mixture.

Tomato Cheese.

Melt 1 oz. butter with tablespoonful tomato sauce. Stir well. Add $2\frac{1}{2}$ tablespoonfuls grated cheese, a few drops lemon juice, and a little cayenne. Serve very hot on buttered toast.

Crab Pie.

Fill shell with meat from crab, a little pepper, salt, and parsley, and a few bread crumbs. Dot bits of butter over, and bake $\frac{1}{4}$ hour.

Craigie Toasts.

Take three or four tomatoes. Remove pips, skins, etc., and put in a pan along with the yolks of two or three eggs. Let it simmer for some time till it skins. Then remove from fire for some time. When required, add to the above salt and pepper, a few drops of

Worcester sauce, and some grated Parmesan cheese. Warm, and place the mixture on rounds of fried toast, which put in the oven, and serve very hot.

Creams of Anchovies, or Lobster, or Salmon.

Pound the meat in a mortar with fresh butter, a little cayenne, and a few drops lemon juice (and with lobster or crab a little anchovy sauce), spread on fried croutes of bread, and bake 10 minutes. Serve hot.

Creme de Fromage (for 4 Persons).

2 tablespoonfuls of grated Cheese, not quite 2 tablespoonfuls Cream, a very little Cayenne, and Salt.

Mix into a smooth cream, and spread on some thin puff paste which has been cut with a round cutter; double it over; press the edges well together; egg and vermicelli them, and fry in boiling lard. Serve hot.

Croûtes au Jambon.

Prepare fingers of fried bread (or round pieces). Mince fine some cold ham or cold meat, and made hot in good brown sauce, but keep stiff, spread on the croûtes, and bake 5 minutes.

Croûtes de Merluche.

Prepare round pieces of fried bread. Take a thick fresh smoked haddock, and with a fork take all the meat off the bones, and pile it in neat bunches on the croûtes. Sprinkle on a little cayenne, and pour over a few drops of good salad oil; bake about 10 minutes in sharp oven, and serve hot.

Croûtes of Marrow.

Cut the marrow into inch lengths, and blanch for a minute or two in boiling water, flavoured with herbs. Take fingers of pastry or fried bread, and put pieces of marrow on each. Sprinkle finely chopped parsley and a little lemon juice, bake 10 minutes. Serve hot.

Croûtes of Sardines or Bloater.

Make in the same way, adding cayenne, filleting the herrings, and buttering the bread before baking 10 minutes.

Cup Omelets.

1 breakfastcupful Bread Crumbs, 1 Onion, 1 oz. Chopped Parsley, 2 Eggs, $1\frac{1}{2}$ teacupful Milk, Pepper and Salt.

Boil and chop onion, beat eggs, mix all well. Pour into buttered cups and bake in hot oven 30 minutes. Serve on hot ashet with tomato sauce.

Curry Balls for Breakfast.

$\frac{1}{2}$ lb. Rice (boiled), $\frac{1}{2}$ lb. Meat (cooked), tablespoonful Curry Powder, Salt, Sugar, Apple, and Onion.

Mince the meat very fine; mix with cooked rice, curry, apple (minced fine), and onion, a little salt and sugar, and an egg. Mix all together, and form into small balls. Egg and broad-crumb. Fry, and serve very hot.

Curry Souffle.

$\frac{1}{2}$ lb. Veal, $\frac{1}{2}$ lb. Bacon, 1 lb. Sweetbreads, $\frac{1}{2}$ lb. Button Mushrooms.

Rub cut veal and bacon through sieve, and parboil sweetbreads.

Make sauce with 4 onions sliced and fried in butter. Cook well, add 1 apple, tablespoonful curry powder and stock from sweetbreads made into thick sauce. Rub through sieve. Put mushrooms and sweetbreads at bottom of dish among sauce, then veal and bacon on top. Cover with greased paper, and steam 1 hour.

Eggs (Baked).

6 Eggs, 1 cupful Chicken, Game, or Veal Gravy, 1 teaspoonful Parsley and Onion chopped very finely, 1 handful Bread Crumbs, Pepper and Salt.

Pour enough gravy into baking tin to cover bottom well, and mix with the parsley and onion. Set in oven till it begins to hiss and bubble. Break eggs in so that they don't crowd one another. Strew crumbs thickly over, also pepper and salt. Return to oven for 3 minutes, then pour over the rest of the gravy which has been made hot. Add more bread crumbs as fine as dust, and bake till eggs are set. Send to table in tin.

Egg Balls.

Mince a little cold meat, season, drop in unbeaten yolk. Stir and form into ball. Drop unbeaten white into buttered cup; drop in ball, and steam in boiling water till white is set.

Boiled Eggs.

Place eggs in pan of boiling water, covered. Put on lid, remove pan from gas, or back a little from fire and leave it 4 or 5 minutes for 1 egg, and a little longer for each additional egg. This is an excellent way to cook eggs for an invalid, as the albumen remains soft, and is very easy of digestion. If they are required quickly, put eggs in boiling water and boil gently $3\frac{1}{2}$ minutes.

If boiling eggs hard, put them in boiling water instead of cold. It will prevent the yolk from colouring black.

Eggs with Cheese.

2 Eggs, Salt and Pepper, 2 oz. grated Cheese, $\frac{1}{2}$ oz. Butter.

Melt butter in pan, break into it the eggs, add half cheese, salt and pepper. Stir with a whisk over a brisk fire until it commences to thicken, dish on pieces of buttered toast, sprinkle with remainder of cheese, and brown quickly under the gas grill. This is improved if the buttered toast is spread with a very little Bovril, or Leibig.

Convent Eggs.

2 hard-boiled Eggs, $\frac{1}{2}$ pint Milk, 1 oz. Butter, 1 oz. Flour, 1 Onion, Salt and Pepper.

Cut onion in rings and cook 5 minutes in butter with lid on. Add flour and milk gradually, and boil 3 minutes. Cut eggs in very thin rings, and put in pan till hot. Garnish with toast.

Eggs (Curried).

Boil as many eggs as required, very hard. Cut them in half, or quarters, and lay on flat dish. Slice an apple and small onion, and fry together in butter. Stir in a dessertspoonful of curry powder and 1 gill of stock, and simmer for ten minutes. Pour round the eggs, and serve hot with boiled rice or without.

Egg Cutlet.

Cut small a hard-boiled egg; add a tablespoonful of bread crumbs, the same quantity of grated cheese, with a pinch of curry powder, salt, pepper, and grated nutmeg. Mix the whole with the yolk of a raw egg,

and shape like a mutton cutlet. Dip it in the white of the egg, then into the bread crumbs and fry brown; garnish with fried parsley.

Egg and Ham, &c., Darioles.

Butter some tiny tin moulds. Sprinkle them round with chopped tongue, or ham, or chicken, and finely chopped parsley. Break a fresh egg into each mould, and put a little piece of butter on each. Stand the moulds in a stewpan or frying-pan, letting the hot water come nearly to the top of moulds, and cook in the oven till the eggs are lightly set. Take them up, pass a small knife round the moulds, and turn them out on a dish on little round pieces of toast or fried bread. Pour tomato butter round them, and serve hot for breakfast or luncheon.

Indian Eggs.

Cut a small slice from each end of some hard-boiled eggs, and cut them into halves, the round way. Take out the yolks and pound them, and mix them well with a mixture made as follows:—A heaped teaspoonful curry powder, 2 oz. butter, and a dessertspoonful essence of anchovy, well blended and cooked in a stewpan. Fill the eggs with this mixture, dish up, garnished with watercress and rolled bread and butter.

Egg and Parsley Dish.

Boil the eggs five minutes, cut off one end, and stand them up on a flat dish. Pour round (not over) them white sauce, with a little salt and pepper, and finely chopped parsley, and serve hot.

Poached Eggs.

3 Eggs, 1 teaspoonful Salt, 1 quart Water, and a little Lemon Juice.

Have water boiling, put eggs into it in their shells for about a quarter of a minute, lift out and break one at a time into a saucer, holding them very low so as not to break the yolk. Add salt and lemon juice to water, and carefully slip the egg off the saucer into the boiling water; simmer slowly till the white is set. Lift out with a drainer, hold on a towel for a few seconds to absorb all the water. Dish on rounds of buttered toast or with bacon or ham.

Poached Eggs with Cheese.

Prepare as above, and dish on toast. Sprinkle with grated cheese, salt and pepper and brown under gas grill.

Eggs (Poached) and Potatoes.

Boil some potatoes in the usual manner; cut into slices with a sharp knife; put a pint of these into a pan with a teaspoonful of lemon juice, cayenne, nutmeg, salt, pepper, and a drop of tarragon vinegar; pour over all a gill of milk, cover the saucepan closely, and shake over the fire for ten minutes. Place the potatoes on a hot dish, and place poached egg over.

Egg Savoury.

Take four hard-boiled eggs and chop them fine, mixing with a dessertspoonful of flour, one of finely minced parsley, one of cooked ham (minced), one tablespoonful of cream, a piece of butter, and one egg. Form into balls; dip into finely sifted bread crumbs, and fry a golden brown.

Scalloped Eggs.

Boil 5 eggs $3\frac{1}{2}$ minutes. Chop up when cold. Mix together

1 teacupful mashed potatoes, 1 teacupful boiled rice, a little Worcester sauce, $\frac{1}{2}$ teaspoonful vinegar, and $\frac{1}{2}$ oz. melted butter. Add eggs, and season rather highly with salt and pepper. Pour into buttered dish. Sprinkle a few bread-crumbs over, dot butter over and bake.

Scrambled Eggs and Tomatoes.

Free from pips a large tomato, mince finely with 2 slices Spanish onion, add plenty butter and pepper and salt to taste. Stir on the fire till onion is quite cooked, but not coloured, then throw in 4 beaten eggs, and keep stirring till eggs are nearly set. Serve at once within a circle of fried bread sippets.

When cooking plain scrambled eggs, a few drops of lemon juice is an improvement.

Eggs (Scotch).

$\frac{1}{2}$ lb. sausage taken out of skin. Put in bowl with $\frac{1}{4}$ lb. bread crumbs. Chop parsley very fine; add seasoning if needed. Wet mixture with switched egg. Boil 4 eggs a quarter of an hour; take off shells. Divide mixture in four, and cover each egg with it. Then egg and bread-crumbs, and fry a light brown. Halve lengthwise. Garnish with parsley, and serve with tomato sauce.

Eggs (Sunshiny).

1 oz. Butter, 3 Eggs, Pepper and Salt to taste, 3 tablespoonfuls of Tomato Sauce.

Melt a little butter in pan, sprinkle salt over, break as many eggs as required, and fry these for about two minutes, taking care that they do not spread too much. Put them on a hot dish, sprinkle well with pepper, and pour some thick tomato sauce over.

Swiss Eggs.

Spread 2 oz. butter on bottom of a dish, and lay on it 6 thin slices of Gruyère cheese. Break 6 eggs on this, keeping the yolks whole. Sprinkle over pepper and salt. Mix a teaspoonful chopped parsley and 2 oz. grated Gruyère cheese, and strew over. Bake in a very quick oven 10 or 12 minutes.

Egg Toast (Curried).

3 Eggs, 1 small Onion, 1 teaspoonful Curry Powder, $\frac{1}{4}$ pint Milk, Salt to taste.

Cut up the onion, and fry it in a little butter till brown. Add the milk, salt, and curry powder, stirring it well. Beat up the eggs and add them, and cook for 5 minutes, stirring all the time. Pour on thick slices of hot buttered toast, and serve very hot.

Eggs and Tomatoes.

Take fried croutes of bread, the size of tomato. Slice 2 tomatoes, and bake for a few minutes, with a little salt and pepper over them. Poach carefully the number of eggs you require. On each crouute put a slice of tomato, then an egg; sprinkle a little fine chopped parsley over each, and serve very hot, with a thin tomato sauce round.

Findon and Cheese Savoury.

1 Findon Haddock (raw), 2 oz. grated Cheese, 1 tablespoonful Cream, a little Mustard, and a pinch of Cayenne.

Scrape the meat from the bone, and mix it with the other ingredients. Cook this for a minute or two, then add a beat-up egg, and boil the mixture for another minute or so. Serve on hot buttered toast. Crabs or kippers may be done in this way.

Green Onion Toast.

Take 1 lb. green onions, trim away any withered parts, and cut up the green into half-inch lengths. Put these in a saucepan, with boiling water to barely cover; add $\frac{1}{2}$ teaspoonful salt, and rather less of sugar; also some powdered mint or sage. Cook gently for $\frac{1}{2}$ hour; then add the white of the onions cut in rings, and stew for $\frac{1}{2}$ hour longer. Then stir in $\frac{1}{2}$ oz. of butter, a little ketchup, and any additional seasoning necessary, and serve on toast as above.

Croustades Findon Haddock and Tomato.

6 croustades bread 1 inch thick. Make hole in centre, with smaller cutter to put mixture in (bread removed will do for crumbs), egg and bread-crumb these, and fry in boiling fat deep enough to cover them. For mixture take $\frac{1}{2}$ oz. butter, and same of flour, $\frac{1}{2}$ gill milk or fish sauce, 4 tablespoonfuls cooked fish, finely cut; 2 tomatoes, peeled and cut small, pepper and salt. Fill in mixture, place in oven to heat through, and serve very hot.

Ham Croquettes.

$\frac{1}{2}$ lb. cooked Ham, $\frac{1}{2}$ lb. cooked Potatoes, 2 hard-boiled Eggs, 1 yolk of Egg, 1 tablespoonful minced Parsley.

Chop ham and eggs and mix with parsley; add potatoes and seasoning. Add yolk of egg and mix thoroughly. Flour the hands well and form into small balls. Fry in boiling fat.

Ham Toast.

Make a little white sauce, mince some cold ham with one gherkin; add a little pepper and salt, and mix all together. Toast a slice of bread, and butter it; cut it into squares, spread the mixture on it, and put into the oven to heat.

Ham Toast (No. 2).

3 oz. Ham, $\frac{1}{2}$ oz. Butter, $\frac{1}{2}$ teaspoonful Mustard, Pepper and Salt.

Heat through, and lay in spoonfuls on squares of toast, with another on top. Press together, and serve instantly.

Herring Creams.

1 kippered herring, boned, washed, and rubbed through sieve. Add yolks of two eggs, white of one, salt, pinch pepper, 2 tablespoonfuls very thick cream. Put a little of mixture in little paper cases. Bake a nice golden colour. Decorate with chopped parsley. Serve on fish paper or folded napkin.

Kidneys and Bacon.

2 slices of Bacon to each Kidney.

Prepare kidneys, and sprinkle salt and pepper over. Put bacon in cold frying pan, and continually move and turn till crisp and brown. Lift on hot dish. Then cook kidney very well, adding more fat if necessary. Turn over every 2 or 3 seconds. Lift on bacon. Serve very hot.

Kidney Omelette.

Sheep's Kidney, 2 Eggs, 1 oz. Butter, Salt, Pepper.

Partially cook the kidney in boiling water, or fry in butter, with pepper and salt, cutting it in small pieces if fried; let it cool. Beat well the eggs, and add the kidney. Melt butter in omelette pan, pour the mixture into it, and shake over fire till set. With knife, loosen round edges; double over, and serve on hot dish.

Kidney Shape.

5 or 6 Sheep's Kidneys, $\frac{1}{2}$ lb. Lean Meat, 3 oz. Suet, 1 teacupful Oatmeal, Pepper, Salt, Mustard, a little Minced Onion, 1 Egg.

Chop very fine, add well-beaten egg. Steam $2\frac{1}{2}$ hours. Serve with good onion gravy.

Kidneys on Toast.

Mince two sheep's kidneys; put $\frac{1}{2}$ oz. butter in a pan. When hot, stir in the kidneys, and stir five minutes; then drop into the pan 1 yolk of egg, salt, pepper, and a few drops of lemon juice. Stir all together, and spread on nicely cut pieces of buttered toast.

Macaroni and Toast.

$\frac{1}{2}$ lb. Macaroni, 1 breakfastcupful sweet Milk, $\frac{1}{4}$ lb. grated Cheese, $\frac{1}{2}$ teaspoonful Salt, $\frac{1}{4}$ teaspoonful Pepper.

Wash the macaroni well, and break it into small pieces. Put it into boiling salted water, and let it boil for 10 minutes. Drain away the water, and add the milk. Let it cook slowly for thirty minutes; then add the pepper and half of the cheese. Pour all on an ashet. Sprinkle the rest of the cheese on the top. Put it into the oven to brown. A handful of grated bread may be sprinkled on the top.

Medallions of Tomatoes.

Pass some tomatoes through a wire sieve. Season; add enough aspic to make it firm. When cold, pour a layer into a flat tin. When set, add a layer of cream of chicken; when set, another layer of tomatoes. When cold, turn out on a wet napkin, and cut with a round cutter. Cross two thin stripes of white of egg on top of each. When dished, put salad or cress in the centre.

Chicken cream for medallion:—Pound the breast of a chicken with good white sauce. Season, and mix with whipped cream. Add aspic or gelatine to make it firm when cold.

Mince Kromestries.

Cut some thin slices of bacon $\frac{1}{2}$ inch broad by 2 inches long; lay them flat, and place on each a little highly-seasoned minced rabbit or fowl; roll up the bacon tightly, taking care that the mince does not escape, and set aside in a cool place. Dip each into frying butter, and fry a golden brown. Garnish with fried parsley.

Mushrooms and Bacon.

3 slices Bacon, 2 Mushrooms for each slice.

Prepare mushrooms. Melt in pan piece of butter size of an egg. Put in mushrooms with sprinkling pepper and salt, and cook till you prepare bacon. On each piece of bacon lay mushrooms, and serve hot.

Mushroom Cream.

$\frac{1}{2}$ lb. Mushrooms, 1 tablespoonful Plasmon Stock, 2 oz. Butter, 1 gill Cream, Pepper and Salt.

Stew mushrooms in butter till tender, then stir in the cream, plasmon, and seasonings, and cook 4 minutes. Put it through a hair sieve and make hot again. Spread on small squares of buttered toast, and serve.

Mushroom au Gratin.

Chop up half-a-dozen mushrooms, and mix them in a stewpan with a little bit of chopped bacon, salt and pepper to taste, and a little minced thyme. Fry these together for a few moments, and add the yolks of two eggs (one whole egg will do). Stir until cooked;

then prepare some large flat mushrooms by peeling and cutting off the stalks. Fill them with your mixture, and cover with bread crumbs and little bits of butter. Put on a greased dish, and brown them in the oven. When done, pile them on your dish, and pour a nice brown sauce round in which an onion has been boiled.

Mushroom Omelette.

Take two eggs and beat to a stiff froth; add pepper and salt; put into a pan a piece of butter size of an egg. When melted, turn egg mixture into it; shake till of a creamy consistency, then lay in centre half-a-dozen mushrooms, prepared as follows:—Skin, break in pieces, put in saucepan, with $\frac{1}{2}$ oz. butter, pepper, and salt, and stew for 5 minutes. When the omelette is brown underneath, turn it over on a hot dish, and serve immediately.

Mushroom Toast.

$\frac{1}{2}$ lb. Mushrooms, $\frac{1}{2}$ oz. Butter, 2 Eggs, Pepper, Salt, Cayenne, small round or squares of Buttered Toast.

Put the butter into a pan; when hot, add the mushrooms (minced). Fry three minutes, then add eggs and seasoning. Stir over a gentle fire till set, then pile a small heap on each piece of toast. Garnish with parsley or cress.

Omelette of Herbs.

Beat up one egg well; add a little minced herbs, and pepper and salt. Have ready $\frac{1}{2}$ oz. butter in an omelette pan; pour in the egg, and keep shaking it till set. Serve on a hot dish immediately.

Onion Dumpling.

Take a large onion (Spanish, if it can be got), cut in two, and take out just as much of the heart as will leave room for a little piece of bacon or ham. Make a common paste with flour, suet, and salt, as large as holds the onion. Put the two halves of the onion together, and close it up in the paste. Boil in a cloth for $2\frac{1}{2}$ hours. A splendid supper dish.

Parmesan Custards.

4 Eggs, 1 pint Milk, 2 oz. Butter, 3 tablespoonfuls Parmesan Cheese (grated), Salt, Pepper, Cayenne, and a pinch of Carbonate of Soda.

Beat up the eggs, add milk (boiling), cheese, salt, pepper, cayenne, and soda; pour into small buttered darioles, stirring all the time, not letting the cheese settle. Stand the moulds in a saucepan, letting the water come within half-an-inch of the top; simmer gently till set. Serve on croutons a little larger than the moulds, putting a little pile of grated cheese on the top of each custard, and browning it in front of a brisk fire. Serve with parsley or cress garnish.

Parsley Sandwiches.

Chop finely some parsley, and mix with it a teaspoonful of anchovy essence and a few drops of lemon juice. Cut thin slices of bread and butter, place a thin layer of parsley on one slice, cover with bread and butter, and make into sandwiches. Cut into three-cornered pieces.

Potatoes au Gratin.

1 dozen Potatoes, 2 oz. Butter, 2 oz. Parmesan Cheese (grated).

Boil the potatoes with salt till tender. Drain, and dry; then divide each potato lengthwise. Brush over with butter (melted), and sprinkle with the cheese. Put them in a greased tin, and bake in a hot oven a nice light brown.

Potatoes a la Milanese.

Take as many potatoes as required. Choose the largest, bake them well, then cut off the tops and scoop out the insides. Pass the potato through a sieve, and add a tablespoonful grated Parmesan and Gruyère cheese mixed, pepper and salt. Melt 2 tablespoonfuls butter in pan, put in mixture, and make it hot, fill the potato cases with it, put them in the oven for a few minutes, and serve very hot.

Pressed Beef.

1 lb. Minced Beef, 1 lb. Minced Ham, $\frac{1}{2}$ lb. Bread Crumbs, dessertspoonful Yorkshire Relish, Pepper and Salt.

Soak crumbs overnight in a little milk, then pass through sieve; add and mix all well, and press firmly in buttered mould. Steam 2 or 3 hours.

Salmon Sandwich.

Cold boiled salmon pounded with fresh butter, and a little salt and cayenne (and essence of anchovies if liked), spread between slices of bread and butter.

Sardine Eggs.

Boil as many eggs as you require, hard. Cut eggs in half and remove yolks. Scrape and bone one sardine to each egg, pound yolks and sardine mixture together; add salt, and a little cayenne pepper. Cut off bottom of eggs that they may stand; chop these pieces and use to decorate mixture. Serve with watercress or lettuce.

Savoury Omelette.

2 Eggs, Salt, Pepper, $\frac{1}{2}$ teaspoonful chopped Parsley, chopped Ham or Kidney, $\frac{1}{2}$ oz. Butter.

Mix yolks with parsley, pepper, and salt; whip the whites to a stiff froth, and stir in lightly with the meat. Melt butter in pan, turn in mixture, and stir lightly for a few minutes. Fold up the sides, and serve hot.

Savoury Pancakes.

6 tablespoonfuls Flour, 1 teaspoonful Salt.

Make into thick batter with 3 beaten eggs and a little milk. Beat till smooth. Stir in tablespoonful finely minced onion, minced parsley, pepper, and salt. Leave batter for a few hours, then fry about a teacupful at a time.

Savoury Rice.

Two breakfastcupfuls of boiled rice; that left over from a pudding will do as long as it is stiff and unsweetened. Melt one tablespoonful of butter in your dish; beat up the rice well, so that it is free from lumps. Stir till well mixed with the butter; add two tablespoonfuls of Harvey's sauce and two ripe, juicy tomatoes, cut in slices. Make very hot. Now add four large tablespoonfuls of any grated cheese. Season with salt and pepper. Mix and heat thoroughly. Serve at once, heaped up on hot buttered toast.

Scotch Woodcock.

2 hard-boiled Eggs, 1 oz. Butter, $\frac{1}{2}$ oz. Flour, $\frac{1}{2}$ pint Milk, about 3 oz. Cheese, 2 rounds of Toast, a little Salt.

Melt butter, add flour, add milk, stir till it boils; boil one minute or so, add pepper, salt, cayenne, and half the cheese grated, with a pinch of carbonate of soda. Drop hard-boiled eggs in cold water for

half a minute. Take off shells. Cut crust off toast, and butter. Chop up whites of eggs and lay on top of toast, then the other half of cheese, a little pepper and salt, and one tablespoonful of sauce. Put other piece of toast on top of this, and put the rest of sauce over. Rub yolks through sieve over top. Sprinkle a little parsley over and a little salt and pepper. Heat in oven for a minute or so.

Sheep's Tongues.

2 Sheep's Tongues, 1 tablespoonful Flour, 1 dessertspoonful Mineed Parsley, 1 or 2 tablespoonfuls Milk, Salt.

Well wash tongues in warm water, paying particular heed to the roots. Lay them in pan with just enough water to cover them. Bring to the boil, add the salt, and simmer from 1 to $1\frac{1}{2}$ hours. 10 minutes before ready, add parsley, and the flour mixed to a smooth batter with the milk and simmer 7 minutes. Take out the tongues, divide each one lengthwise, and pour over the sauce and serve. A few rolls of grilled bacon are a nice addition.

Tongue Toast.

Grate finely the remains of a tongue and mix with it the yolk of an egg or a spoonful of cream, finely chopped parsley, and pepper. Make it very hot, but not boiling, and pour it on fingers of well-buttered toast. Sprinkle thickly with fine bread crumbs, and brown before fire.

Welsh Rare-bit.

$\frac{1}{2}$ lb. Cheddar Cheese, 1 Egg, 2 tablespoonfuls Milk, and $\frac{1}{2}$ teaspoonful Mustard.

Have ready two slices of nice buttered toast, about $\frac{1}{2}$ inch thick. Grate the cheese and put into a small pan, drop the egg in, add the milk and mustard, allowing all to come to boiling point. Pour it on the buttered toast, and cut into nice little squares.

White Puddings.

$\frac{1}{2}$ lb. Oatmeal, crisped in oven; $\frac{1}{4}$ lb. Liver parboiled and grated; and 2 oz. finely chopped Beef Suet.

Put in skins got at butcher's, and boil or steam 1 hour, pricking well all over to prevent bursting.

Walnut Cutlets.

4 oz. Bread Crumbs, 1 oz. shelled Walnuts, 1 teaspoon Butter, 1 teaspoon grated Onion, $\frac{1}{2}$ teaspoon Flour, 1 teacup Milk, white of 1 Egg, 1 Lemon.

Run bread crumbs and skinned walnuts through a nut mill or bread grater. Then mix with butter and onion. Melt a large teaspoonful butter in pan with the flour and add the milk gradually. When it boils, add the other ingredients, pepper, and white of egg. Remove from fire, add teaspoon lemon juice. Stir well, and turn out on dish to cool. Shape into cutlets, dip in white of egg and bread crumbs, and fry. Serve with bread sauce or tomato sauce.

PUDDINGS, PASTRY, &c.

Before putting milk into pan to boil, put a little cold water in pan, bring to boil, and then add milk; this prevents milk catching. To prevent milk running over when it comes to the boil, put a spoon in. When you are cooking anything with milk, and require to add a little salt, do not put it in till the last, as it will curdle the milk. To scald milk, set it in a jug or basin in a pan of cold water over the fire. When the water boils the milk is scalded. Never leave a spoon in the saucepan if you wish the contents to cook quickly, and in any case a metal spoon should never be allowed to stand in a boiling saucepan containing fruit or any acid.

In steaming puddings keep them at a uniform heat all the time, and be careful not to lift the lid off pan for the first hour. Never allow steamed puddings to boil too fast. If a souffle is boiled too fast it will be full of holes. Avoid lid on steamed pudding mould, as that so seals pudding that none of the gas engendered by the cooking escapes, so it cannot be either so light or wholesome.

Batter puddings need quick oven. Puddings composed principally of milk and eggs should be very gently cooked, as a very strong heat will cause them to curdle. When beating whites of eggs add a tiny pinch of salt; this will make them froth much quicker, as well as make the froth stiffer.

In stewing Fruit, prepare syrup first. Apportion water to your fruit as you desire much or little juice, and then sweeten to taste, generally 1lb. sugar to 1 pint water. Bring to the boil, lay fruit in, simmer gently. When pouring hot fruit into a glass dish, place the latter on a wet cloth, and place a spoon in dish. This prevents any chance of its cracking.

Admiral Pudding.

8 oz. Potatoes, 12 oz. Carrots, 4 oz. Sugar, 8 oz. Sultanas, 8 oz. Flour or Bread Crumbs, 3 oz. Mixed Candied Peel, 4 oz. Albene or Suet.

Pass carrots and potatoes when cooked through a sieve, add albene chopped fine and flour or bread crumbs. Mix well, add other ingredients. Put in well-greased mould, and steam 5 hours. Serve with lemon or sweet sauce.

Almond Hasty Pudding.

2 oz. Sugar, 2 oz. Ground Almonds, 2 oz. Butter, 2 oz. Bread Crumbs, 2 Eggs, 2 oz. chopped Candied Peel, and 1 gill Milk.

Beat butter and sugar to a cream; add almonds, crumbs, and warmed milk. Stir well, add peel, then well-beaten eggs. Pour into well-greased pie-dish, and bake 10 or 15 minutes, till firm to touch.

Amber Pudding (1).

1 lb. of Carrot boiled to a pulp, $\frac{1}{2}$ lb. Bread Crumbs, 6 oz. Suet, $\frac{1}{2}$ lb. Stoned Raisins, $\frac{1}{2}$ lb. Sultanas, $\frac{1}{2}$ lb. Sugar, a little Salt, a little Nutmeg or Spice, 2 Eggs, and Milk to make a thick batter.

Boil 3 hours.

Amber Pudding (2).

4 large Apples (cooked), 2 oz. Butter, 1 Lemon, 3 Eggs, 3 oz. Sugar, Essence of Lemon.

Beat yolks of eggs, butter, sugar, apples' rind grated, juice of lemon, and flavouring well together; and, lastly, whites of eggs. Line a pie-dish with puff paste and pour in mixture. Bake $\frac{3}{4}$ hour.

American Tart.

Line an ashet with short paste. Mix 2 eggs, 1 large tablespoonful vinegar, 3 tablespoonfuls Demerara sugar. Beat all together. Pour over paste, and bake in quick oven. Sift sugar over when it is done.

Angels' Food (Chinese Dish).

2 lbs. bananas, cut in slices; take 4 oranges, peel, pick carefully into small sections, taking out pips; slice timed pine apple; lay upon a dish; sift over sugar; pour over juice of pine apple, and serve.

Apples in Batter.

4 apples peeled and sliced, 3 tablespoonfuls moist sugar. Make batter with 6 oz. flour, 2 eggs, and 1 pint milk. Pour over apples and sugar in pie-dish and bake 1 hour.

(Apple) Bird's Nest Pudding (1).

Apples, Sugar, 1 tablespoonful Flour, $\frac{1}{2}$ pint Milk, 1 Egg.

Pare and core apples. Fill cavity with sugar. Pour over batter made with one tablespoonful flour, $\frac{1}{2}$ pint milk, one egg, and sugar to taste. Bake 1 hour.

(Apple) Bird's Nest Pudding (2).

Apples to be pared and cored, and filled with sugar and a little cinnamon. Place a tiny bit of butter on each. Fill pudding dish with a cup of raw tapioca or sago, mixed with sugar and grated lemon rind. Place in the apples, and fill up with water, and bake 2 hours in moderate oven.

Apple and Bread Crumbs.

6 large Apples, 1 Lemon, $\frac{1}{2}$ lb. Bread Crumbs, 2 oz. Butter, 2 oz. Sugar.

Butter a pie-dish; pare and chop apples fine. Place a layer of bread crumbs, then apples and sugar, and grated lemon rind and juice, alternately, till dish is full, finishing with bread crumbs. Place butter on top; and bake $\frac{1}{2}$ hour. Turn out and serve with sweet sauce.

OR,

Butter pie-dish. Place layer of bread crumbs and thinly-sliced apple till nearly full. Dissolve a breakfastcup sugar and a teaspoonful cinnamon in 1 pint boiling water and pour over. Let it stand $\frac{1}{2}$ hour to swell, then bake till brown—almost $\frac{1}{2}$ hour.

Apple Charlotte.

2 lbs. Apples, $\frac{1}{2}$ lb. Sugar, rind of Lemon (grated), Bread, $\frac{1}{4}$ oz. Butter, 1 gill Water.

Peel and slice apples, and stew with sugar and water and lemon rind for an hour or more, until reduced to half the quantity. Cut slices of crumb of bread $\frac{1}{8}$ inch thick, either round or in devices, and laid overlapping one another. Butter a mould and line it with these slices, dipped first in the melted butter; then pour apples in and cover with more bread, and bake $\frac{3}{4}$ hour. Then turn out carefully on dish, and brown for a few minutes in oven.

Apple and Custard Pancakes.Apples, 4 Eggs, $\frac{1}{4}$ pint Cream, Sugar, Cinnamon.

Beat eggs well, adding the cream and cinnamon (or almond) to flavour. Cut apples in thin slices, and fry in butter, turning them over when slightly browned. Pour over them the custard of eggs and cream, and fry a light brown. Turn over carefully, and serve with sugar sifted over.

Apple Dumpling.

Apples, Sugar, Lemon.

For pastry— $\frac{3}{4}$ lb. flour, a pinch of salt, teaspoonful baking powder, 5 oz. suet very finely chopped, made to a nice consistency with cold water, and rolled out to $\frac{1}{2}$ inch thickness. Line a buttered basin with the pastry. Put in apples and sugar, cover it with pastry, double the thickness of the sides, and pinch round. Dip a cloth in boiling water, dredge it with flour, and tie over it. Boil 2 hours.

Apple Dumpling (Baked).

1 lb. Apples, 3 oz. Dripping, $\frac{3}{4}$ lb. Flour, 1 tablespoonful Sugar, a little cold Water, $\frac{1}{2}$ teaspoonful Baking Powder.

Peel the apples round and take the hearts out. Make the other ingredients up into a thin paste and cover the apples very neatly with it, filling up the hearts with sugar and nutmeg. Put them in the oven for about $\frac{1}{2}$ hour. They may be served with custard sauce, or they may be ornamented with the white of an egg.

Apple Dumplings (Boiled).

Apples, Sugar, Cloves for Dough; $\frac{1}{2}$ lb. Flour, $\frac{1}{2}$ teaspoonful Salt, 1 oz. Sugar, $\frac{1}{2}$ lb. Suet, Water. Must have good falling apples.

Pare and core apples, filling centre with sugar and a clove. Having mixed ingredients into a not too stiff dough, take a piece and place apple in the centre, draw dough over it, dip balls in flour, and throw into boiling water (slightly salted). Keep balls moving about with fork to prevent them sticking together. Boil $\frac{1}{2}$ hour.

Apples with Dunfillan Paste.

4 tablespoonfuls Flour, 8 oz. Butter, 1 Egg, 1 eggspoonful Baking Powder, 2 tablespoonfuls Sugar, $\frac{1}{4}$ pint Milk, and flavouring to taste, $1\frac{1}{2}$ lb. Apples.

Have ready some cold stewed apples, which may be prepared the day before to save time. Rub butter into flour. Add baking powder. Beat up egg with sugar. Add milk, and stir all into the flour. Mix well. Pour on the top of the apples and bake in moderate oven for $\frac{1}{2}$ hour. Sift sugar over. Any other kind of stewed fruit is nice with this paste.

Dried Apples Pie.

Wash 1 pint dried apples, and soak in 2 quarts warm water all night. In morning stew 1 hour. Then add 1 pint sugar, a teaspoonful lemon or orange peel, or $\frac{1}{2}$ sliced lemon and $\frac{1}{2}$ teaspoonful cinnamon. Stew $\frac{1}{2}$ hour longer, then use for filling pies.

Duchesse Apples.

Pare and cook carefully in a rich syrup with a little lemon juice to keep them white. Drain and roll in melted red currant jelly. Cook the trimmings to a thick sauce with the syrup. Put through sieve and mound up on a plate with the balls on top. Sprinkle grated cocoanut over.

Apple Fritters.

Pare and slice 2 apples, and lay on a plate with sugar over them. Mix 1 teacupful flour, $\frac{1}{2}$ teaspoonful baking powder, 1 tablespoonful sugar, 1 egg well beaten (yolk and white separately), a little milk if required. Have frying-pan with a good supply of boiling dripping. Dip the slices of apple into the batter, drop them into the fat, and fry a nice deep brown, both sides. Serve with sifted sugar. Oranges, pine-apple, or any fruit can be used in a similar manner.

(Grandmother's) Apple Pie.

Line a deep pie-dish with plain paste. Pare, quarter, and cut apples in thin slices (Greenings best). Add 1 cup sugar and $\frac{1}{4}$ grated nutmeg mixed with it. Fill dish heaping full of sliced apple, with sugar sprinkled between layers. Wet edges with cold water, lay on cover, press down securely that no juice may escape. Bake $\frac{3}{4}$ hour, or a little less if apples very tender.

Apple Jam Pudding.

$\frac{1}{2}$ lb. Flour, $\frac{1}{4}$ lb. Suet, $\frac{1}{2}$ lb. Sugar, $\frac{1}{2}$ lb. Bread Crumbs, $\frac{1}{2}$ lb. chopped Apples, 3 Eggs, and a little Milk, 1 teaspoonful Baking Powder.

Mix the flour, bread crumbs, suet, sugar, and apples together. Add the eggs and milk, so that it is of a moist consistency. Add baking powder, and pour all into a buttered mould, and boil 4 hours.

Apple Omelette.

6 large Apples, 3 oz. Sugar, 2 Eggs, 3 oz. Butter, 6 oz. Bread Crumbs.

Boil apples as for sauce. Stir in butter and sugar, and when cold add eggs well beaten. Butter pudding dish cold. Strew layer of bread crumbs, one inch thick, at bottom of dish and sides. Pour in apples. Strew crumbs over top, and bake one hour. Turn out, and sift sugar over it.

Apple Pancakes.

Any ordinary pancake batter will do for this dish. Make your pancakes very thin in small frying-pan. As you fry, place them on one another, and cover to keep hot. Have ready, previously made, about a breakfastcupful of apple pulp, made with well-flavoured apples and sugar. No spice or water required in making the pulp; merely pare, quarter, and core your apples. Put them into a small saucepan over a gentle heat until soft: then with a silver fork beat into a pulp. Now take a pancake. Put a spoonful of pulp in the centre; fold over to make a square. The pulp cannot fall out if folded properly. When all are ready, lay them on a dish, cover over, and put in the oven till quite hot. When ready to serve, sprinkle over with castor sugar and a little powdered cinnamon. Serve quickly.

Apple Pudding (1).

Apples, Bread, Sugar, Sultanas, Lemon Juice.

Butter deep pudding dish. Cover bottom and sides with thin slices of bread (white or brown), then a layer of pared sliced apples and sugar and a few sultanas, another layer of bread, and then fruit and sugar until full, a layer of bread being last. Fill in with any fruit juice or water, cover with a plate, and bake 4 hours in a slow oven.

Apple Pudding (2).

6 large Apples, 2 oz. Butter, $\frac{1}{4}$ lb. Bread Crumbs, 2 Eggs, 2 oz. Sugar, grated rind of Lemon, 1 gill Milk, Nutmeg to flavour.

Peel and slice apples, and stew slowly with sugar and a little water till tender. Add butter, bread crumbs, milk, eggs well beaten, nutmeg, and lemon rind. Mix all well, and pour into greased pie-dish. Sprinkle top of mixture with brown bread crumbs, put small pieces of butter on top, and bake $\frac{1}{2}$ hour.

Apple and Rice Pudding.

Apples, Rice, Sugar, Lemon (grated), 2 Eggs.

Stew as many apples with sugar as will nearly fill the dish. Have ready boiled $\frac{1}{2}$ teacupful of rice and a little grated lemon peel, and add to the apples. Bake this for 20 minutes. Put on the top the white of the eggs whipped to a rocky snow, and brown slightly.

Apple and Sago Pudding.

4 large Apples, 1 teacupful of Sago, Sugar, and Lemon Flavouring.

Stew the apples (pared and sliced) to a pulp, in $\frac{1}{2}$ pint of water. Boil the sago in $\frac{1}{2}$ pint of water till clear (10 minutes). Add the pulp, sugar, and flavouring, and bake $\frac{3}{4}$ hour.

Apple Turnover.

6 large Apples for 8 Turnovers, Sugar. For pastry— $\frac{3}{4}$ lb. Flour, 6 oz. Butter, a little Salt, $\frac{1}{2}$ teaspoonful Baking Powder, Water to moisten all.

Cut pastry in eight parts, and roll each into rounds of $\frac{1}{4}$ inch thickness. Peel and slice apples very thin. Place sufficient in centre of crust, with $\frac{1}{2}$ teaspoonful sugar and a little clove or cinnamon. Wet edges, turn crust over, and pinch together. Grease a tin, brush the turnovers with yolk of egg, and bake about $\frac{1}{2}$ hour.

Apricot Custard.

Scraps of Pastry, 1 pint of Milk, 3 Eggs, Vanilla, $\frac{1}{2}$ oz. of Castor Sugar, Apricots (tinned or preserved), 1 oz. of Ratafias.

Line your pie-dish with any scraps of nice pastry you may have. Then beat up the egg, add the milk, sugar, and flavouring. Pour it into the dish, and let it cook very slowly. When it is beginning to set, stir in carefully some tinned or preserved apricots, cut into small pieces. Then finish the baking till the custard is quite firm. Put it aside till cold, when you should grate the ratafias thickly over the top. Then sprinkle these over with "hundreds and thousands."

Apricot Pudding (1).

Take a tin of apricot or egg plum, and place them in a deep glass dish. Cover them with sponge-cake, sliced; pour the apricot syrup, and a little sifted sugar over the whole; make a cornflour blane-mange, using the yolks of 2 eggs, and pour over the sponge-cakes. Whip the whites of eggs into a stiff froth, and place over it—(or whipped cream).

Apricot Pudding (2).

Sponge-Cakes, tin of Apricots, Gelatine, Loaf Sugar, Lemon, Cream.

Line a basin or glass with the stale sponge-cakes (sliced); fill the centre with halved apricots. Dissolve a dessertspoonful of gelatine, add 2 oz. sugar, and squeeze of lemon juice in $\frac{1}{2}$ pint of the juice of the apricots, and pour over apricots. Cover with more sponge-cakes. Press mixture on the top with saucer or plate, and a weight on it, and leave till next day. Serve with whipped cream or custard.

Apricot Tart (Open Tart).

$\frac{1}{2}$ tin Apricots, $\frac{1}{2}$ lb. Sugar, rind and juice of $\frac{1}{2}$ Lemon, and Short Crust.

Put the syrup of $\frac{1}{2}$ tin apricots in pan with sugar and rind (grated) and juice of lemon. Boil for 5 minutes. Put in apricots, and boil $\frac{1}{2}$ hour longer. Take short crust. Have it round and larger than ring. Grease ring well, and tuck it well in with hand. Put apricots in case, round sides up, and put in oven $\frac{1}{2}$ hour.

For Meringue top, take 3 whites of Eggs, 2 large tablespoonfuls castor Sugar.

Beat whites very stiffly, then stir in lightly 1 tablespoonful sugar. Meringue will be rough, not smooth, if not beaten enough. Take half of mixture, after the tablespoonful sugar has been lightly stirred in, and smooth over tart. Then with forcing bag decorate with other half of mixture. Twist bag well up at top, and press with right hand. Sprinkle other tablespoonful sugar over top now, and slightly brown in oven. Use dredge for sugar. (May be made with pine-apple, rhubarb, or gooseberries, &c.)

Arrowroot Custard.

2 oz. Arrowroot, 2 oz. Sugar, 1 pint Milk, Nutmeg, Lemon Peel, Essence of Almond.

Mix the arrowroot, sugar, and a little nutmeg in a little cold water to the thickness of paste. Boil the pint of milk and lemon peel, and pour over arrowroot, with a few drops of essence of almond, till it forms the custard, and pour from one jug to another till cold.

A dish of fruit or rhubarb sweetened with this custard poured over is very good.

Arrowroot Pudding.

1 tablespoonful Arrowroot, 1 pint Milk, 2 Eggs.

Mix the arrowroot with cold milk, and pour over it 1 pint of boiling milk. Stir well, and let it cool. Add sugar to taste, and the eggs well beaten, and bake $\frac{1}{2}$ hour.

Australian Pudding.

$\frac{1}{2}$ lb. Flour, small teaspoonful of Carbonate of Soda, $\frac{1}{4}$ lb. Suet, $\frac{1}{4}$ lb. Sugar, 5 oz. of Sultana or other Raisins, teacupful of Milk.

Mix flour, sugar, and suet together; add raisins, and mix with the milk, in which the carbonate of soda has been previously dissolved. Put in pudding basin, and boil at least four hours. A teaspoonful of ginger may be added if liked. Serve with sweet sauce.

Bachelor's Pudding.

4 oz. Bread Crumbs, 4 oz. Currants, 4 oz. Apples, 2 oz. Sugar, 3 Eggs, Essence of Lemon, Nutmeg.

Mince the apples. Whisk well the eggs. Put bread crumbs, currants, sugar, flavourings into a dish; add the apples, and pour over them the eggs. Butter a mould, and put all in. Boil 3 hours.

Steamed Banana and Raisin Pudding.

5 or 6 Bananas, $\frac{1}{2}$ cup Sultana Raisins, $1\frac{1}{2}$ cup Bread Crumbs, $\frac{1}{4}$ cup Sugar, 2 Eggs, $\frac{1}{2}$ Lemon, Juice, and grated Rind.

Peel bananas, remove coarse threads, pass pulp through sieve, add other ingredients, and when well-mixed pour into buttered mould, and steam $2\frac{1}{2}$ hours. Serve with any hot pudding sauce.

Banana Fritters.

1 Egg, $\frac{1}{2}$ cup Flour, $\frac{1}{2}$ teaspoonful Salt, $\frac{1}{2}$ cup Milk or Water, Bananas.

Mix flour and salt, drop yolk of egg into the centre, and slowly stir in the half of the milk. Beat till mixture is very smooth, then stir in

the rest of the milk. Cover batter and set aside for an hour or more. When ready to use stir in beaten white. Remove skin and coarse threads from bananas, cut in halves crosswise, then lengthwise, and dip in the batter, covering completely. Fry in deep fat a golden brown. Serve, sprinkled with castor sugar and cinnamon. Often the bananas are sprinkled with sugar and lemon juice, and set aside half-an-hour before frying. When so treated, the banana must be drained carefully before it is dipped in the batter.

Bakewell Pudding.

To the yolks of 3 eggs add the white of one, 4 oz. sugar, 4 oz. of butter, and grated rind of 1 lemon. Beat butter and sugar to a cream, then add eggs and lemon. Spread a layer of pastry on a plato, then a layer of blackcurrant jam, and cover with the mixture. Bake in a quick oven. Best cold.

Barley Pudding.

2 oz. Barley, 1 pint Milk, 1 oz. Sugar, Nutmeg or Vanilla to flavour, or Sultanas.

Steep the barley 24 hours in $\frac{1}{2}$ pint water. Pour away any water not absorbed. Grease a dish and put in barley, sugar, flavouring, and milk, and bake in slow oven 3 hours. An egg may be added.

Baroness Pudding.

$\frac{1}{2}$ oz. Bread Crumbs, 4 oz. Raisins, 3 oz. Suet, 1 oz. Flour, a grate of Nutmeg, 1 Lemon rind, $\frac{1}{2}$ oz. Sugar, 1 Egg, and $\frac{1}{2}$ gill Milk.

Mix well together. Pour into buttered mould, and steam $2\frac{1}{2}$ hours. Sufficient for 4 persons.

OR,

$\frac{1}{2}$ lb. Suet, $\frac{1}{2}$ lb. stoned Raisins, $\frac{1}{2}$ lb. self-raising Flour, $\frac{1}{2}$ teaspoonful of Salt.

Tie in a floured cloth, and boil without ceasing $4\frac{1}{2}$ hours. Serve with sugar.

Basket Pudding.

Make a sponge-cake with 1 teacupful Sugar, 1 do. Flour, a pinch of Baking Powder, 3 Eggs, and a tablespoonful of Milk

Beat eggs, add sugar, then flour, milk, and baking powder. Put in a well-greased oval cake tin to hold 1 pint and bake a nice brown. Turn out to cool, then scoop out inside. Brush outside over with two kinds of jelly, and sprinkle grated cocoanut over it while damp. Fill the inside with stewed fruit. Pipe whipped cream on top. Decorate with cherries; then take two long strips of angelica twisted together, and place over pudding to represent a handle.

Batter Pudding.

$\frac{1}{2}$ lb. Flour, $\frac{1}{2}$ teaspoonful Baking Powder, pinch of Salt, 2 Eggs, 1 pint Milk, 2 oz. Currants, or Sultanas.

Mix flour, powder, and salt. Stir the eggs, not beaten, only dropped into this, and add milk gradually, stirring carefully. Stand it aside $\frac{1}{2}$ hour. Then put currants at bottom of greased basin and pour in batter; cover with cloth dipped in boiling water and floured, and boil 1 hour, or cover with buttered paper and steam 1 hour. Sufficient for 6 persons.

Batter Pudding (Savoury).

4 oz. Flour, 2 Eggs, $\frac{1}{2}$ pint Milk, 2 Onions, 1 teaspoonful Sage, Pepper and Salt.

Put flour in basin. Break eggs into another. Add half of milk to flour, then eggs well beaten. Peel, scald, and mince onions, and

add them with pepper and salt, and lastly the sage. Pour all into greased flat tin; place on top 4 small pieces of butter. Bake 25 minutes. Cut in squares, and serve with goose, pork, or any roast meat.

Baked Batter Pudding (1).

2 oz. loaf Sugar, 2 oz. Flour, 2 oz. melted Butter, $\frac{1}{2}$ pint Milk, 2 Eggs.

Beat the eggs, then add the butter, sugar, and flour; last, the milk. Bake in a smart oven for $\frac{1}{2}$ hour.

Baked Batter Pudding (2).

2 tablespoonfuls Self-raising Flour, pinch of Salt, $\frac{1}{2}$ pint Milk, 2 Eggs.

Put the flour and salt into a basin; drop in the yolks of the eggs, and add gradually the milk, giving it all a good beating. Then mix lightly in the stiffly beaten whites of the eggs. Pour into a pie-dish, and bake in a moderate oven for 40 minutes. Serve at once.

Batter and Fruit Pudding (3).

1 lb. Apples, 1 teacupful Sugar, 1 Egg, 6 oz. Flour, 1 teaspoonful Baking Powder, a pinch of Salt, a breakfastcupful of Milk.

Grease a pudding basin well; fill with the apples after they have been peeled and cut up, and sprinkle the sugar over them. Put into a basin the flour, salt, and baking powder; beat up the egg, and add the milk to it. Stir this gradually among the flour, mixing it quite smooth. Pour this batter over the fruit; cover the whole with a buttered paper, and steam gently $1\frac{1}{2}$ or 2 hours. Or if the above is put into an ashet and baked for 1 hour in a hot oven it will be found to be very good.

Batter for Fritters.

2 tablespoonfuls of Flour, a little Salt, 1 tablespoonful melted Butter or Salad Oil, the white of 1 Egg.

Add the butter to the flour, and mix it into a smooth batter, not too stiff. Whip the egg very stiff with a little salt, and lightly add it to the batter just before using. This can be used for any kind of fritter. Tinned fruit must be dried well in a cloth from the syrup.

Bermuda Pudding.

Crumble 4 oz. of stale sponge-cakes—or biscuits—into a bowl; pour $\frac{1}{2}$ pint of boiling milk or cream over them, the cream having been previously sweetened. When this has soaked for $\frac{3}{4}$ hour, beat with a fork, and add slowly 3 whisked eggs. Butter a mould, and line it with thin slices of preserved ginger; then put in the pudding carefully, without moving the ginger lining. Cover with paper, tie in a cloth, and place on a plate turned upside down in a saucepan, with enough water to reach to within 3 inches of the top.

Bird's Nest Pudding.

$\frac{1}{2}$ packet gelatine soaked in 1 teacupful water. Bring to boil, add 2 spoonfuls red currant jelly and juice of a lemon and $1\frac{1}{2}$ oz. sugar and a little cochineal. Soak $\frac{1}{2}$ packet gelatine in 1 teacupful milk for $\frac{1}{2}$ hour. Thin milk on the fire. Take the tops off 4 eggs (put yolks and whites aside for something else). Add sugar to white mixture. Put cochineal mixture into border mould. Turn out when firm on glass. Pour white mixture into 2 egg-shells, add yellow colouring for other eggs and cochineal for pink. Set egg-shells to firm, and then strip off shells and place in centre of jelly.

Black Cap Pudding.

2 oz. Currants, 6 oz. Flour, 3 oz. Sugar, 2 Eggs, $\frac{1}{2}$ teaspoonful Salt, $\frac{1}{2}$ teaspoonful Nutmeg, 1 pint Milk.

Mix the dry ingredients, then drop in the eggs, not beaten; add 1 pint cold milk gradually, and beat all well. Butter a basin (not tin), sprinkle 2 oz. currants at bottom, pour in the batter, steam 2 hours, and serve with sweet sauce.

Blanc-Mange.

1 packet * of Bird's Blanc-Mange Powder, 2 oz. (or else 12 lumps) of Sugar, and 1 pint of new Milk or Cream.

Out of a pint of new milk or cream take just sufficient to make the contents of the packet into a thin, smooth paste—when well mixed in a quart basin. Boil the remainder of the milk or cream with the sugar, and, while still boiling, pour it all at once into the basin, stirring well two or three times; then again bring it to the boil, gently stirring, and pour it into a moistened mould. If put into a cool place, it will set in a few hours, but will be all the better for standing a night.

ADDITIONAL RICHNESS.—By gradually stirring into rather less than a pint of milk, 4 dessertspoonfuls of "Milkmaid Brand" condensed milk, and perfectly mixing it before it is used, blanc-mange almost equal in richness to that made with cream may be produced at the most trifling cost. When thus prepared, only 3 or 4 lumps of sugar should be used instead of 2 oz. If unsweetened condensed milk is used, then 2 oz. of sugar, as stated above, must be added.

Blanc-Mange with Fruit.

Place some preserved or stewed fruit, well sweetened, in a dish or mould. Make 1 pint of blanc-mange with a packet of Bird's blanc-mange powder, and pour while hot over the fruit in the dish or mould. Let it stand until quite set, and turn out into a glass dish.

Botasso Pudding.

$\frac{1}{2}$ oz. Semolina, 1 pint Milk, 1 Egg, 1 oz. Sugar, Vanilla, or other flavouring.

Soak the semolina in 1 gill milk for 10 minutes. Add sugar to 3 gills milk, and boil and pour over semolina, then boil it 20 minutes, stirring all the time. Take off fire and stir into it the egg and flavouring. Put into mould, and if wanted hot turn it out in 10 minutes. Nicer cold.

Bran Bread Pudding.

1 large slice Bran Bread, or the crumbs of, say, 4 (½d) Bran Scones, 6 Figs, $\frac{1}{4}$ lb. Sultanas, Sugar to taste.

Crumble bread into basin. Pour over only as much boiling water as will be entirely absorbed and yet moisten bread. Cover and let stand till absorbed. Beat with fork; add figs, sultanas, and sugar, and steam 2 hours in buttered bowl.

Bread Pudding (1).

Butter thin slice of bread; cut in quarters. Beat up 1 egg in $\frac{1}{2}$ pint milk; sweeten, and pour over bread. Bake in slow oven.

* The packet of blanc-mange powder referred to in these Recipes is one of those contained in the 6d or 1s boxes, of which there are two in the 6d boxes and four in the 1s box.

Bread Pudding (2).

$\frac{1}{2}$ lb. Bread, 3 oz. Sugar, 1 Egg, 2 oz. Currants, 2 oz. Raisins, $\frac{1}{2}$ pint Milk, Nutmeg, grated Lemon Rind.

Soak the bread 1 hour in cold water, drain it, add the currants, sugar, &c., the egg well beaten, and milk. Pour all into a greased pie-dish and bake 1 hour.

Bread Pudding, Steamed.

$\frac{1}{2}$ lb. Bread (2 thick slices), 2 tablespoonfuls Marmalade, $\frac{1}{2}$ pint Milk, 2 Eggs, 1 oz. Sugar.

Boil milk and pour over bread, cover it and stand 10 minutes, beat to pulp with fork. Add eggs well beaten, and 1 tablespoonful marmalade. Butter a mould, and spread the remainder of the marmalade over the bottom. Pour in pudding and cover with buttered paper and steam 1 hour. Turn out, allowing the marmalade to fall round it like a sauce. Sultanas may be used instead of marmalade.

Bread Pudding, Boiled.

1 breakfastcupful grated Bread, 1 teacupful Flour, 2 tablespoonfuls Sugar, $\frac{1}{2}$ lb. Sultana Raisins, $\frac{1}{2}$ lb. minced Suet, 1 teaspoonful ground Cinnamon, 1 teaspoonful Baking Powder, 1 breakfastcupful Milk.

Clean the raisins, mix all the dry ingredients in a basin, add the milk, and mix thoroughly. Pour into a buttered pudding basin, cover with a greased paper, and steam for not less than $1\frac{1}{2}$ hours. Serve hot.

Brown Pudding.

3 oz. Suet, 3 teacupfuls Self-raising Flour, 3 tablespoonfuls Treacle or Syrup, 1 teacupful Sultanas, 1 teacupful Currants, flavouring of Nutmeg or Ginger.

Mix all these with butter-milk if possible, and steam 3 hours.

Cabinet Pudding, Steamed (1).

Butter a mould, prepare two cupfuls of bread crumbs, clean and cut up one half cupful raisins and currants; make a custard by beating 1 egg, 1 cupful of milk, 1 tablespoonful of sugar, 1 half salt-spoonful of salt. Place the bread and fruit in alternate layers in the mould, pour in the custard, and steam $\frac{1}{2}$ hour. Serve with the following lemon sauce:—Boil 2 cupfuls of hot water and 1 cupful of sugar together 5 minutes, then stir in 3 heaped teaspoonfuls of corn-flour wet in a little cold water; cook 8 or 10 minutes, add the juice and rind of 1 lemon, stir in 1 tablespoonful of butter; when melted, serve.

Cabinet Pudding (2).

Butter a mould, and fill it with alternate layers of hard sponge-cake and jam; pour over it a custard made with 3 eggs well whisked, and two cupfuls of milk. Steam for $\frac{1}{2}$ hour.

Cake Pudding.

$\frac{1}{2}$ lb. Self-raising Flour, 2 oz. Butter, and 1 oz. Lard, 6 oz. sifted Sugar, 1 gill Milk, and 1 Egg.

Beat to a cream, pour into buttered tin, and bake in quick oven for 20 minutes.

Canary Pudding.

The weight of 3 eggs in Butter and Flour, and the weight of 2 in Sugar, 3 Eggs, a little essence of Lemon, and a teaspoonful of Baking Powder.

Beat the butter and sugar to a cream, sift in flour, add eggs (having beaten yolks and whites separately), lastly baking powder, and steam for 2 hours.

Carrot Pudding.

1 breakfastcupful grated Carrots, do. Bread Crumbs, do. minced Suet, do. cleaned Currants, do. chopped Raisins, do. Flour, do. Milk, pinch of Salt, and about $\frac{1}{4}$ teaspoonful Soda.

Boil 3 or 4 hours, the longer the better.

Castel House Pudding.

1 lb. Flour, $\frac{1}{2}$ lb. Suet, 1 lb. Raisins, 2 Eggs, about $\frac{1}{2}$ pint of Milk, 1 tablespoonful of Vinegar, 1 small teaspoonful Carbonate of Soda, a pinch of Salt, 4 tablespoonfuls brown Sugar.

Boil 4 hours. 1 lb. of figs, chopped very finely, may be substituted for raisins.

Castle Pudding.

$\frac{1}{2}$ lb. Flour, $\frac{1}{2}$ lb. Butter, $\frac{1}{4}$ lb. Sugar, 3 Eggs, grated rind of Lemon.

Beat butter to cream, add sugar, lemon peel, and eggs (well beaten). Mix all well, stir in flour gradually. Butter some darioles or cups, put in mixturo $\frac{3}{4}$ full, bako in moderate oven 1 hour. Servc with sweet sauce.

Cheese Tarts.

$\frac{1}{2}$ lb. Flour, $\frac{1}{4}$ lb. Butter, pinch Salt, cold Water to form stiff dough.

Turn out on well-floured board; cut out some rounds for pastry tins, and put a piece of crust of bread in each whilo baking a nice brown. Take out of oven and fill with cheese mixture. For mixture — $\frac{1}{2}$ oz. butter, 1 gill or teacupful milk, $\frac{1}{2}$ oz. flour, 2 yolks of eggs and whites, salt and cayenne pepper to taste, 2 oz. grated cheese, and a pinch of carbonate of soda. Melt butter in pan, then add flour, and cook for a few minutes; add milk. Stir till it boils thick and smooth. Take off fire, and add yolks, salt, pepper, and chccse. Whip whites to stiff froth, and add last. When cascs are baked crisp and dry, take out crust of bread, and put a spoonful of mixture in each. Bake in oven till golden and hard to touch. Sprinkle a little dry cheese over each, and serve hot.

Cherry Pudding.

2 Eggs, their weight in Sugar, Butter, and Flour, $\frac{1}{2}$ oz. Paisley Flour, $\frac{1}{4}$ lb. Glacé Cherries.

Cream butter and sugar. Add beaten eggs, then flour, in which Paisley flour has been mixed. Beat well. Butter some dariole moulds, place in some cherries and fill $\frac{3}{4}$ full of the mixture. Bake about 20 minutes in a steady oven. Turn out and servo with whipped cream.

Cherry Pudding (2).

2 oz. Flour, $\frac{1}{4}$ lb. Bread Crumbs, $\frac{1}{4}$ lb. Sugar, $\frac{1}{4}$ lb. dried Cherries, 2 oz. Butter, 1 pint Milk, 3 Eggs, rind of 1 Lemon, 1 teaspoonful of Vanilla.

Add the butter to the flour over a gentle heat; add the milk, and stir till boiling; pour over the bread crumbs, lemon rind and sugar. Beat up the eggs, and add them to the vanilla and cherries. Pour in a well-buttered mould, with cherries stuck at the bottom. Cover with buttered paper, and steam for $1\frac{1}{2}$ hours. Serve with cherry sauce.

Cherry Cream Pudding.

$\frac{1}{2}$ oz. Gelatine, $\frac{1}{2}$ pint Milk, White of 1 Egg, $\frac{1}{2}$ pint Cream, 2 oz. Preserved Cherries, 2 oz. Castor Sugar.

Soak gelatine in sufficient milk to cover it about 15 minutes, and then dissolve slowly over fire with the sugar. Strain into a bowl, and when a little cool, add a few drops vanilla or almond essence

Whip cream and add it with the remaining milk, and then incorporate gradually the whisked white of egg when beginning to set. Sprinkle in the halved cherries, and stir for a few minutes before putting in a mould. When firm turn out. This may be varied by using a border mould and filling centre with crushed raisins and macaroons soaked with a little lemon juice or melted raspberry jelly, and dotted about with pink whipped cream.

Cherries, Stewed.

1 lb. Cooking Cherries, $\frac{1}{4}$ pint Water, 6 oz. Sugar.

Make a syrup with the sugar and water, that is, just melt the sugar in the water, but don't allow to boil and thicken. Pour it over cherries and bring quickly to boiling-point, and skim well. Simmer very slowly till tender. Served with boiled custard.

Chester Pudding.

1 oz. Sweet Almonds (crushed), $\frac{1}{4}$ lb. Castor Sugar, 3 Eggs, 2 oz. Butter.

Short Pastry.

Line small pie-dish with the pastry rolled very thinly, decorate edges and brush over edges with beaten egg. Melt butter and sugar in pan, add almonds. Stir in yolks of 3 eggs and whites of 1. Stir this mixture over a gentle fire till it thickens, taking care it does not burn. Pour into prepared dish, bake $\frac{1}{2}$ hour, or till set. Whip the remaining 2 whites to stiff froth with 1 tablespoon sugar, and pile on top. Set by putting in oven for a few minutes. Serve either hot or cold.

Chestnut Pudding.

1 $\frac{1}{2}$ oz. butter, melted, add 1 $\frac{1}{2}$ oz. flour. Mix well, then add 1 $\frac{1}{2}$ gills milk. Stir over fire till a solid lump. Then add 1 oz. sugar and remove from fire. Add 1 tablespoonful orange flower water, 3 oz. cooked and pounded chestnuts, and 4 yolks of eggs. Add whites beaten to a stiff froth. Steam 35 minutes in greased mould. Serve with good apricot sauce, made with 3 tablespoonfuls apricot jam, 1 gill water, sugar, and a few drops of yellow colouring.

Chestnut Pudding (Cold).

$\frac{1}{2}$ lb. Chestnuts, $\frac{1}{2}$ pint Milk, 2 oz. Castor Sugar, 1 gill Cream, few drops Vanilla, or 1 oz. Chocolate Powder, 1 gill Jelly, and 3 sheets Cox's French Gelatine.

Soak gelatine in milk and dissolve on fire with the sugar. Cook chestnuts till tender, remove skin and rub through sieve. Strain boiling milk to chestnuts and add cream and chocolate. Mix all together, and pour into wetted mould.

Chocolate Pudding.

6 tablespoonfuls of Chocolate, 10 tablespoonfuls of Bread, 1 pint of Milk, yolks of 4 Eggs and the whites of 2, $\frac{1}{2}$ lb. Sugar, and small piece of Butter.

Pour milk in a pan with the chocolate and the bread crumbs to soak, after which add the yolks and 1 white well beaten, also sugar and butter. Put into a greased pudding dish, and bake for $\frac{1}{2}$ hour in a moderate oven. Then beat other white to a stiff froth with a little sugar, and cover pudding. Return to the oven to brown.

Easy Chocolate Pudding.

$\frac{1}{2}$ lb. rock chocolate, grated fine, and laid in crystal dish. Six-pennyworth of double cream, whipped and put on top.

Cocoa-nut Pudding.

2 pints Milk, 3 Eggs, 2 oz. Sugar, 4 tablespoonfuls dessicated Cocoa-nut, 1 tablespoonful Cornflour.

Boil half the milk and pour it over the cocoa-nut, and let it soak $\frac{1}{2}$ hour. Mix cornflour, with the other pint of cold milk, add sugar, and boil 5 minutes; then stir in the soaked cocoa-nut, and when cool add the eggs, well beaten, and bake in a buttered dish for $\frac{3}{4}$ hour.

Coburg Pudding.

$\frac{1}{4}$ lb. Flour, 2 oz. Butter, $\frac{1}{4}$ lb. Currants, 2 oz. Castor Sugar, 3 Eggs, $\frac{1}{2}$ pint Milk.

Rub butter with flour, add sugar and currants. Mix. Add beaten eggs and then milk. Mix well. Grease some cups or small moulds and fill $\frac{3}{4}$ full. Cook 12 minutes. Turn out on ashet, and pour round jam sauce.

Croquets au Confiture.

Swell out 3 oz. rice in milk till very soft and all the milk is absorbed. Add 2 beaten eggs and spread out on plate to cool. Then form into round balls. Make a hole in the centre and fill with jam. Close up and roll balls in egg and bread crumbs and fry in hot lard. Dish in pyramid and sprinkle sifted sugar over. Serve hot.

Cumberland Pudding.

2 oz. Flour, 2 oz. Sugar, 1 oz. Butter, 2 Eggs, 1 pint Milk, rind of Lemon, Salt.

Put flour, sugar, butter, and grated lemon peel, and pinch of salt into a basin before the fire till butter is melted. Mix well with wooden spoon, pour in a little boiling milk, stir till quite smooth, then add gradually the rest of milk. When nearly cold, add eggs well beaten. Bake in buttered dish in moderate oven 1 hour.

Cup Pudding (American).

3 Eggs, weight in Sugar and Flour, $\frac{1}{2}$ their weight in Butter, 3 tablespoonfuls Milk, $\frac{3}{4}$ teaspoonful Baking Powder.

Put butter and sugar in warm basin (not too hot) and beat till mixturo looks like cream. Then separate yolks and whites of the eggs. Drop tho yolks into the basin one at a time, beating each time till quite light. Then add the milk, and mix well. Now beat the whites quite stiffly and stir in gently. $\frac{3}{4}$ fill well-greased moulds or cups, and bake about 20 minutes. Serve with lemon or jam sauce.

Custard in Cups.

Mix $1\frac{1}{2}$ breakfastcupful milk, 1 oz. rice flour, 2 oz. castor sugar, and 1 stick cinnamon. Bring to the boil, take out cinnamon and pour over 4 beaten eggs, stirring all the time. Add a few drops lemon or vanilla essence, put again in pan and stir over fire till it nearly boils. Take it off and pour again into the basin. Give it an occasional stir while it cools. Pour into glasses or cups, and shake a very little ground cinnamon over the top.

Custard without Eggs.

1 pint of new Milk or Cream, 2 oz. (or else 11 or 12 lumps) of Sugar, and 1 packet* of Bird's Custard Powder.

Out of a pint of new milk or cream take just sufficient to make the contents of the packet into a thin, smooth paste when well mixed in a basin; then boil the remainder of the milk or cream with the sugar, and, while still thoroughly boiling, pour it all at once into the

basin. Give the whole two or three stirs, and, when quite cold, fill the custard glasses. If the custard is allowed to stand for a night before being used, it should be well stirred up previous to putting into the glasses, and, if preferred, the slight skin at the top removed.

NOTE.—Custard made with Bird's custard powder according to this recipe is delicious, when served from a large glass dish, with every kind of pudding, fruit pies, jam tarts, or stewed fruit, and will be found greatly to enhance the acceptability of such dishes.

* The packet of custard powder referred to in these recipes is one of those contained in the 6d or 1s boxes, of which there are three in the 6d box, and seven in the 1s box.

Custard (Bird's) as a Hot Pudding Sauce.

This is extremely rich and nice with plum puddings, bread puddings, or indeed with any puddings. In cold weather it is also most acceptable with tinned or stewed fruits. The custard, after being made as above, is returned to the saucepan, and just brought to the boil, stirring very gently. Serve from a sauce boat or tureen in the usual way.

Custard Pudding, Baked.

2 Eggs, 4 oz. Sugar, 1 tablespoonful Rice Flour, 1 pint Milk, and a little ground Cinnamon or Nutmeg.

Beat up the eggs with the sugar, and mix the rice flour very smoothly with a little cold milk, adding the nutmeg, eggs, and sugar gradually. Boil the milk and pour over it, stirring all the time. Border a dish with paste, pour in the mixture, and bake for $\frac{1}{2}$ hour. Before serving, put a little sifted sugar over it.

OR,

1 quart Milk, 4 Eggs, 1 teacup Sugar.

Boil the milk, beat eggs very light, add sugar, pour milk over very slowly, stirring occasionally. Grate a little nutmeg over. Bake in moderate oven. The secret of a good custard pudding is slow baking and most careful watching.

Boiled Custard (1).

4 yolks of Eggs, 2 whites of Eggs, 1 pint Milk, 2 oz. Sugar, and Nutmeg.

Warm the milk, and pour over eggs well beaten; put all into a saucepan, and stir till it thickens, never letting it boil.

Boiled Custard (2).

3 teaspoonful Plasmon, $\frac{1}{2}$ pint Milk, 3 lumps Sugar, 1 Egg.

Put the Plasmon in pan, adding gradually $\frac{1}{2}$ pint lukewarm milk. Boil for 2 minutes, then add sugar and well-beaten egg. Stir till custard thickens, but don't boil.

Custard Cutlets and Caramel Sauce.

Make a nice custard pudding with 3 eggs and a quart of milk in a shallow dish, cooking it so slowly that it will not curdle in the slightest. Flavour this with vanilla essence, but do not sweeten it. Make a caramel sauce as follows:—Place 2 ounces of loaf sugar in a saucepan, add a little water, and set the pan on the fire till the whole becomes a dark colour, stirring with a metal spoon. Pour in sufficient boiling water to dilute the sauce, and the colour should be like coffee. When the pudding is cold, peel off the brown skin on the top, cut it into pieces of even size, and arrange on a glass dish. Pour over the cold caramel sauce, and serve.

Rose Custard.

1 pint Milk, 3 Eggs, $\frac{1}{2}$ cupful Sugar, $\frac{1}{2}$ pint Raspberry Juice, $\frac{1}{2}$ teaspoonful Salt.

Heat milk to boiling point and pour over beaten eggs. Add sugar and salt. Cool till lukewarm. Stir in juice and a few drops carmine if liked. Put in buttered mould. Place in boiling water in a basin and cook in oven till firm. Serve cold.

Steamed Custard.

4 teaspoonfuls Plasmon, $\frac{1}{2}$ pint Milk, 2 Eggs, Sugar.

Dissolve Plasmon in milk as above, then add 2 beaten eggs. Pour into buttered mould and steam gently 20 minutes till custard is set.

Date Pudding.

1 breakfastcupful of Bread Crumbs, $\frac{1}{2}$ lb. of Dates, $\frac{1}{2}$ lb. Suet, 1 breakfastcupful Milk, 1 teacupful Flour, 2 Eggs, $\frac{1}{2}$ lb. Sugar, Nutmeg.

Remove the stones, and chop up the dates rather finely. Stew them with the milk for $\frac{1}{2}$ hour. Put in a basin the bread, flour, and suet (finely minced), also the sugar and a little nutmeg, and mix well. Add the dates and milk, then the eggs (well beaten), and whisk all thoroughly up with a fork. Butter a basin or shape, and pour the pudding in. Place it in a saucepan containing a little boiling water, and steam for $1\frac{1}{2}$ hours. Serve with sweet sauce. The eggs may be omitted, and 1 teaspoonful baking powder added.

Date Pudding (2).

$\frac{1}{2}$ lb. Suet, $\frac{1}{2}$ lb. Flour, $\frac{1}{2}$ lb. Brown Sugar, 1 lb. Dates, $\frac{1}{2}$ Nutmeg, grated.

Chop suet finely, stone and cut up the dates, mix all well together, using as little water to moisten as possible. Boil in buttered basin 4 hours.

Delhi Pudding.

3 tablespoonfuls of Arrowroot, $1\frac{1}{2}$ oz sweet Almonds (pounded), 1 oz. Butter.

Mix in $\frac{1}{2}$ pint cold milk. Have ready 1 pint boiling milk (sweetened), pour over mixture, stir till thick, and place in mould till cold.

Derby Pudding.

Put a layer of jam into a buttered pie-dish. Cover with stale sponge-cakes cut in fingers; add more jam and more cake till dish is nearly full. Make a boiled custard with the yolks of 2 eggs, $\frac{1}{2}$ pint milk, and tablespoonful sugar. Flavour with vanilla, and pour over cakes. Let this soak 1 hour. Then whip the whites of the 2 eggs, add a very little sugar and vanilla. Spread over the top of pudding. Place in a quick oven to slightly brown.

Drumlanrig Pudding.

Stew rhubarb with plenty water and sugar. Put into your pudding dish a layer of bread, then pour on the hot rhubarb; then a layer of bread; then rhubarb, till the dish is full. Now put a sheet on top, and set away for 24 hours in a cool place. This served cold with sugar and cream, on a hot summer day, is delicious.

Raspberries, strawberries, and currants placed $\frac{1}{2}$ inch thick in bottom of bowl may be treated in same manner.

Economy Pudding.

$\frac{1}{2}$ lb. stale Bread Crumbs, 6 oz. chopped Suet, 2 Eggs (beaten well), 1 spoonful brown Sugar, 2 large tablespoonfuls of Preserve of any kind.

Mix all thoroughly (with a little milk, if needed). Butter a basin, and boil or steam for 3 hours.

Empress Pudding.

4 oz. rice simmered in 1 quart milk till soft and milk is absorbed. When cooled a little, beat in 2 eggs with sugar and flavouring. Put in buttered pie-dish in layers, with jam between. Bake in moderate oven a pale brown. Stewed fruit may be substituted for jam.

Essex Pudding.

1 oz. Sugar, 3 oz. Butter, 5 oz. Flour, 1 teaspoon Baking Powder, 2 Eggs, Milk, Jam.

Beat butter and sugar to cream; add flour gradually, the eggs well beaten, and enough milk to make it of the consistency of thick cream. Butter mould, spread jam round it, and pour in mixture. Steam 1½ hours.

Eve's Pudding.

½ lb. each of Suet, Raisins, Currants, and Sugar, ½ lb. Bread Crumbs. Apples, chopped fine, a little grated Lemon Peel and 2 Eggs.

Mix well together, and steam in buttered basin 3 hours. Serve with lemon sauce.

OR,

Take 4 large apples, pare, slice, and put in buttered pie-dish. Take 2 eggs, their weight in butter, sugar, and flour. Beat butter and sugar to a cream, add flour, then well-beaten eggs. Pour over apples, and bake for 40 minutes.

Farina Fritters (Yankee recipe).

Mix 2 heaped tablespoonfuls cooked farina with milk into a batter with a little salt. Have ready pan with good boiling dripping. Drop in spoonfuls of batter and cook till firm, then turn to other side. Lift out, strew sugar over, and serve hot.

Fig Pudding (1).

1 lb. Bread, ¼ lb. Suet, ½ lb. Figs, 2 oz. Sugar, 1 Egg, teacupful of Milk, Nutmeg.

Figs and suet chopped fine; butter mould. Boil 5 hours.

Fig Pudding (2).

½ lb. Figs, 2 oz. Apples, ¼ lb. Bread Crumbs, pinch Salt, 1 oz. Flour, 3 oz. Sugar, 2 oz. Suet, pinch Baking Powder, grate of Nutmeg, a little Milk, and 1 Egg.

Chop suet finely; rub suet, flour, crumbs, and sugar together; add chopped fruit, and mix well. Add nutmeg, then egg, and a little milk. Mix to a soft lump. Put into greased mould. Cover with buttered paper, and steam 2 hours.

Fig and Custard Pudding.

½ lb. Figs, ½ pint Milk, ¼ lb. Sugar, 2 oz. Bread Crumbs, and a pinch of Nutmeg; 2 Eggs.

Split the figs, and line a plain tin mould with them, seed side of figs to mould. Beat up the eggs, add milk, sugar, crumbs, and nutmeg. Pour this into the mould very carefully; cover with greased paper. Steam 2 hours.

Five Minutes Pudding.

3 tablespoonfuls Flour, 3 dessertspoonfuls Sugar, 1 dessertspoonful Baking Powder, 2 Eggs.

Mix well together; then spread in a buttered tin. Bake for 5 minutes, then spread a thin layer of jam, and roll it up. Serve with custard.

Foamy Omelette.

Beat the yolks of 2 eggs until thick and light; add $\frac{1}{2}$ teaspoon salt, $\frac{1}{2}$ saltspoon pepper, and 2 tablespoonfuls milk; then the 2 whites beaten stiff. Spread on a hot buttered omelette pan. Run a knife along the edges, and occasionally underneath, to prevent burning. Let it cook until well brown underneath; dry the top by placing pan and all before fire, or grill, or in the oven, for a second or two. Double carefully, and serve at once.

Friars' Omelette.

6 Apples (large), 3 oz. Butter, 3 oz. Sugar, 2 Eggs, 6 oz. Bread Crumbs.

Boil apples as for sauce; stir in butter and sugar; when cold, add eggs (well beaten). Butter dish (cold); strew bread crumbs an inch thick at bottom of dish, and as many as will adhere to the sides. Pour in apples, strew crumbs over, and bake in a moderate oven. When baked, turn out on dish, and strew sugar over.

Fruit Salad.

Place fruit in layers, sprinkling each layer well with sugar; sliced banana improves salad, and all kinds of fruit may be used. Allow to remain in bowl for some time and stir just before using.

Fun Pudding.

$\frac{1}{2}$ lb. Ratafias, 3 Whites of Eggs, 2 oz. Castor Sugar, 3 oz. Flour, $1\frac{1}{2}$ pint Milk, 3 oz. Grated Cocoa-nut.

Whip whites to a very stiff froth, then add sugar and a little of the milk. Now sprinkle in the flour, very slowly, stirring all the time, put into a clean pan over fire, and stir well till it thickens (don't let it burn). Put ratafias into a glass dish and pour mixture over; when nearly cold, sprinkle cocoa-nut on top, and serve cold.

German Rice Pudding.

2 oz. Rice, breakfastcupful Bread Crumbs, 2 oz. Sugar, 1 oz. Butter, 3 Eggs, 1 quart of Milk, Essence of Lemon, Raisins.

Boil the rice in the milk. Add the bread crumbs. Beat butter and sugar to a cream, add the eggs one at a time, and beat well. Flavour with the lemon. Butter a mould, and ornament it with raisins. Pour in mixture, and steam 2 hours. Serve with sweet sauce.

German Trifle.

Bake a small rice pudding to fit the size of the glass dish. It must be quite soft and creamy. Place a layer of jam in the bottom of the dish, and turn the rice pudding on to the jam. Then pour over it some good custard (let this be perfectly cold), and then place a thick whip of cream over it, and serve.

Ground-Rice Mould.

1 lb. Ground Rice, 2 oz. Castor Sugar, White of 1 Egg, Essence of Ratafia, $1\frac{1}{2}$ pint Water.

Put rice and water in a double saucepan with the sugar and allow it to boil, stirring every few minutes. When it boils, add flavouring, also beaten white of egg, which mix in gently. Pour into well-greased mould and put in cool place. Will set very quickly. Served with stewed fruit.

Ground Rice and Fruit Shape.

$\frac{1}{2}$ lb. each of red and black Currants and Raspberries, 1 pint Water, 4 oz. loaf Sugar.

Stew gently till soft, then strain through hair-sieve and measure

juice. Put juice in pan and bring to boil. To each pint of juice allow 3 tablespoonfuls of ground rice, and mix this smoothly in a little cold water. When juice boils, pour in ground rice and let it come to boil, stirring well. Then pour into wetted mould. Serve with cream or custard when turned out.

Steamed Ground Rice Pudding.

2 oz. Ground Rice, 2 oz. Flour, 2 oz. Sugar, 2 oz. Raisins, 2 oz. Suet, pinch Salt, $\frac{1}{2}$ teaspoonful Carbonate of Soda, $\frac{1}{4}$ teacupful Milk.

Add all together, making the mixture very moist. Pour into greased mould and steam for 3 hours.

Ginger Pudding (1).

1 lb. Bread Crumbs, $\frac{1}{4}$ lb. Flour, $\frac{1}{4}$ lb. Currants, $\frac{1}{4}$ lb. Raisins, 2 teaspoons Baking Powder, 1 teaspoon Ginger (ground), a little Nutmeg or Cinnamon, 4 tablespoons Brown Sugar, $1\frac{1}{2}$ tablespoonfuls good Dripping, 2 Eggs, $\frac{1}{2}$ pint Milk.

Mix all well together. Pour into a buttered basin, and boil for 3 or 4 hours.

Ginger Pudding (2).

5 oz. stale Bread, 2 oz. preserved Ginger, 3 Eggs, 3 oz. Sugar, $\frac{1}{2}$ pint Milk.

Beat eggs with sugar; boil milk, pour over; cut bread in small pieces; mix in ginger and tablespoonful ginger syrup. Pour eggs and milk over. Soak $\frac{1}{2}$ hour, then steam $1\frac{1}{2}$ hours.

Gladstone Pudding.

1 lb. stewed Prunes, $1\frac{1}{2}$ cupful of Suet, 1 cupful of Bread Crumbs, 1 cupful of Flour, 1 Egg, $\frac{1}{2}$ teaspoonful of Soda.

Mix with butter-milk, and boil 2 hours. (Chop and take out the stones of the prunes before mixing with the other ingredients.)

Golden Pudding.

2 Eggs, their weight in Butter and Flour, weight of 1 in Sugar, 2 tablespoonfuls Raspberry Jam or Marmalade, and as much Baking Soda as will lie on a shilling.

Cream the butter, and beat whole together for $\frac{1}{4}$ hour. Boil 2 hours in buttered mould, and serve with melted red currant jelly.

Golden Syrup Pudding.

6 oz. Flour, 6 oz. Golden Syrup, 4 oz. Suet (chopped fine), 1 Egg, 1 teaspoonful Baking Powder, 2 tablespoonfuls Milk.

Mix all well together, butter a basin or mould, and boil 3 hours.

Cooked Grain

To cook grain without stirring, put the rice or other grain in tin canister (preferable to earthenware, because tin is a good conductor of heat) with a tight-fitting lid. Set in saucepan with boiling water $\frac{3}{4}$ up tin. Cover, and keep water boiling fast till grain is cooked. If no canister is handy, a mould or cake tin will do, covered with plate or greased paper twisted tightly round. Room must be left for grain to swell, and a little butter will hasten the cooking.

Half-pay Pudding.

$\frac{1}{2}$ lb. Suet, $\frac{1}{2}$ lb. Flour, $\frac{1}{2}$ lb. Sugar, $\frac{1}{2}$ lb. mashed Potatoes, $\frac{1}{2}$ lb. grated Carrot, $\frac{3}{4}$ lb. Currants, 2 oz. Peel, a little grated Nutmeg, 2 teaspoonfuls Baking Powder, 1 breakfastcupful Milk (heated).

Mix, and put in greased basin; cover with plate, which tie on tightly with pudding cloth. Boil 6 hours, and serve with sauce. May be baked in little moulds, and served with sifted sugar over. Without exaggerating, it may be said that this pudding is equal in nutriment to $1\frac{1}{2}$ lb. beef steak.

Herefordshire Pudding.

Peel and core 3 or 4 good apples; mince them fine, and to every $\frac{1}{2}$ lb. of apple add the same quantity of bread crumbs, and currants picked and washed, $\frac{1}{4}$ lb. of sugar, and half a nutmeg, grated. Beat up 4 eggs, and mix the whole together. It may be either boiled in a buttered basin or mould, or baked in a dish with paste round the rim. Serve with sweet sauce.

Hillwood Pudding.

$\frac{1}{2}$ lb. Prunes, $\frac{1}{2}$ breakfastcup Bread Crumbs, 1 oz. Demerara Sugar, $\frac{1}{2}$ teaspoonful Baking Powder, $\frac{1}{4}$ teaspoonful ground Ginger, and same of Cinnamon, grated peel of Lemon, 1 breakfastcup Milk, or juice of Prunes and 2 Eggs.

Prunes to be well washed and soaked at least 1 hour, and stewed very slowly 15 minutes, with sugar and a little lemon rind in the water they have been soaked in. Stone and chop finely. Mix well with crumbs, &c. Only fill mould two-thirds full. Steam $1\frac{1}{2}$ hours.

Humble Pudding.

2 lb. Potatoes, mashed, 1 pint Milk, 2 Eggs well beaten, 2 oz. Sugar, and a pinch of Salt.

Mix thoroughly; and bake $\frac{3}{4}$ hour.

Hydropathic Pudding.

2 oz. dates, chopped, 2 oz. crystallised ginger, cut small. Sprinkle layer of dates in buttered bowl, then ginger, then sliced eake or bread and butter, pressing lightly down into fruit, and so on, leaving eake last. Fill 3 parts full. Beat 2 eggs with dessertspoon sugar. Add $\frac{1}{2}$ pint milk and pour gradually over pudding. Steam $\frac{3}{4}$ hour. Serve with ginger sauce made with 1 cup water, 1 tablespoon sugar, 1 tablespoon chopped preserved ginger, and tiny piecee of ground ginger. Boil together, and just before serving add yolk of egg and teaspoon milk. Stir till it thickens.

Hygienic Pudding.

1 breakfastcup Granose Flakes, 2 tablespoonfuls Chestnut Flour, 1 teacupful Bread Crumbs, $\frac{1}{2}$ teacupful Sugar, $\frac{1}{2}$ teacupful Dessicated Cocoanut, $\frac{1}{2}$ teacupful Ground Walnuts or Hazel Nuts, 2 Eggs, and 2 tablespoonfuls Milk.

Mix dry ingredients and make into batter with eggs and milk. Steam in buttered mould 3 hours. Serve with cocoanut sauce.

Indian Fritters.

Put 3 tablespoonfuls flour into a basin, and pour over sufficient boiling water to make stiff paste, taking care not to have it lumpy. Leave to cool, then break into it, without first beating, yolks of 4 eggs and whites of 2. Stir and beat well together. Drop a dessertspoonful at a time into boiling dripping, and fry light brown. They ought to rise to be almost like balls. Serve on hot dish with a spoonful jam dropped between each.

Lemon Pies.

6 Cream Toast Biscuits, 2 Lemons, $1\frac{1}{2}$ cupfuls Sugar, 2 Eggs, $1\frac{1}{2}$ cupfuls boiling Water. For Pastry—3 teacupfuls Flour, $\frac{1}{2}$ teaspoonful Baking Powder, 3 tablespoonfuls Castor Sugar, 1 teacupful Butter, and $\frac{1}{2}$ cupful Milk.

Roll the biscuits to a powder; pour on the boiling water; cover with a plate, and leave till cold. Then add sugar, eggs (beaten), grated rind of one and juice of both lemons. Line pie plates with

paste; add filling; wet edges; cover, and bake in quick oven 25 minutes. Sufficient for 3 or 4 pies.

Lemon Cheese Pudding.

Grate the rind of 2 large lemons; strain the juice and pulp of both through a sieve. Put to it 6 oz. sugar, $\frac{1}{4}$ lb. butter, and 5 eggs, well beaten and mixed. Line a dish with a thin paste, and bake it.

Lemon Meringue Pudding.

Break up a thick slice of bread in 1 pint of milk; boil in saucepan until soft. Then beat up the yolks of 2 eggs, and the grated rind of 1 lemon. Mix these with the bread and milk, beat together, put all the mixture in pie-dish, and bake about 20 minutes. Then take out of oven, and leave to cool. Whisk the whites of the eggs with 2 tablespoonfuls of castor sugar and the juice of 1 lemon, and when the pudding has become cool pour the whisked mixture on the top of pudding, and place in oven to brown about 5 minutes. May be served hot or cold.

Lemon Pudding (1).

$\frac{3}{4}$ lb. of Bread Crumbs, $\frac{1}{2}$ lb. each of Moist Sugar and finely chopped Suet, 2 tablespoonfuls Flour, the rind and juice of 2 Lemons, a little New Milk, and a teaspoonful of Bird's Concentrated Egg Powder.

The lemon peel should be well grated or finely minced, and the juice strained. Mix the bread crumbs, flour, suet, sugar, lemon peel and juice, and the egg powder. Then reduce to the consistency of a very stiff batter with milk. Put into a well-buttered mould or basin, tie over securely with a cloth, and boil for 3 hours. When turned out the pudding should have some sifted sugar sprinkled over it. Oranges may be substituted for the lemons. Serve with custard.

Lemon Pudding (2).

4 oz. grated Bread, 4 oz. Castor Sugar, 4 oz. Suet, the Juice of a Lemon and the Peel grated.

Mix all together with the yolks of 3 and the whites of 2 eggs, well beaten. Boil for $1\frac{1}{2}$ hours. Serve with sweet sauce.

Lemon Rice.

Boil sufficient rice, with sugar to taste, to fill mould, and leave till cold. Peel a lemon very thick; cut peel into shreds about 1 or $\frac{3}{4}$ inch long. Put into a little water; boil them up, and throw water away lest it be bitter; then pour about teacupful fresh water on them; squeeze and strain juice of lemon, add it with white sugar to water and shreds, and let it stew gently for 2 hours. When cold, it will be a syrup. Having turned out jellied rice into glass dish, pour syrup gradually over rice, taking care that little shreds of peel be equally distributed over whole.

London Pudding.

$\frac{1}{2}$ lb. of Apricot Jam, 7 sponge finger Biscuits, $\frac{1}{2}$ tablespoonful of Flour, 1 oz. of Butter, $\frac{1}{2}$ pint of Milk, 1 Lemon, 2 Eggs.

Line a pudding dish with puff paste, then spread thick layer of apricot; then a layer of sponge biscuits. Mix together $\frac{1}{2}$ tablespoonful of flour and 1 oz. of butter. Boil $\frac{1}{2}$ pint of milk, and pour it on the flour and butter. Add sugar to taste, and the grated rind of a lemon. Stir over the fire till as thick as cream, then cool a little. Add the beaten yolks of 2 eggs, and beat all well together. Then

pour on the cakes. Beat the whites to a stiff froth, and spread over the pudding. Bake for at least $\frac{1}{2}$ hour in a moderate oven.

Marble Pudding.

Put six penny packets gelatine to soak in a cup of milk. When soaked, add it to a pint of boiling milk, 2 oz. sugar, and stir over fire till all is dissolved. Divide into five parts and flavour each with different flavourings and different colours. Colour one with yolk of egg, leave one white, one brown with coffee, one red with cochineal, one green with a few drops of spinach juice. Half cool the mixture, then pour into a round basin in reversible manner. When cold, turn out and garnish with different shades of jelly.

Marmalade Pudding.

2 oz. Flour, 2 oz. Sugar, 2 oz. Butter, 2 Eggs, 1 tablespoonful of Marmalade, 1 small teaspoonful of Bi-carbonate of Soda.

Put the flour into a basin with the sugar, butter, marmalade, yolks of eggs, and soda. Mix these well together; then whip the whites of eggs to a stiff froth, and add to the mixture, stirring all well together. Pour it into a buttered mould, and boil for 1 hour. Serve with sweet sauce.

Milk Dumpling.

3 oz. Flour, 1 $\frac{1}{2}$ oz. Sugar, pinch of Salt, Dripping.

Place equal quantities of dripping and water on fire. When it comes to boil mix gradually with flour, &c., and make, say, 9 small dumplings. Rub them round until you feel them drag on your palm. Cook them from 5 to 7 minutes in boiling milk, stirring about gently with fork. They are ready when they rise to the top of the milk. Make sauce of the milk they have been boiled in, by adding $\frac{1}{2}$ oz. sugar and juice of $\frac{1}{2}$ lemon. Pour round and serve quickly.

Mince Meat (1).

Equal quantities of Beef Suet, blue Raisins, Currants, Apples, and Sugar.

Mince separately very fine. Mix all together. Add cinnamon, ginger, mace, and ground cloves—enough to spice pretty highly; then moisten with the juice of as many lemons as required, to make it moderately soft; press firmly into jars. Don't fill too full; cover, and set away till Christmas. The suet must be boiled; that is what makes it keep so well. Will keep for years. Put it in a pan, well covered with water. Let all the water boil away, and then melt the fat out. Pour it into a pie-dish, with a little water at the bottom. Any sediment will fall out, and the suet will turn out a solid block of pure white fat, which must be minced fine.

Mince Meat (2).

1 lb. Apples, $\frac{1}{2}$ lb. Grapes, $\frac{1}{2}$ lb. Raisins, $\frac{1}{2}$ lb. Currants, $\frac{1}{2}$ lb. Brown Sugar, $\frac{1}{4}$ lb. mixed Peel, grated Lemon, or Orange Rind and Juice; $\frac{1}{2}$ teaspoonful Cinnamon, a pinch of Salt.

Peel, core, and slice the apples, stone the raisins, wash and dry the currants, cut the peel and chop all finely together, adding the sugar, which makes them easier to chop. Skin and stone the grapes, putting the pulp into a basin, and press well with a wooden spoon; then add all the ingredients, and mix very thoroughly. Put into a jar, and tie closely down at once.

N.B.—(1) If wanted richer, a smaller quantity of apples can be used, and it is often preferred without the candied peel. (2) The

grapes are used instead of suet; they make the mince meat more luscious and yet more digestible than if the suet is only cooked about 20 minutes or $\frac{1}{2}$ hour when the pies are baking. If wanted to be eaten cold, they are also much nicer without the suet. (This, of course, does not apply to previous recipe.)

Mince Meat (3).

1 $\frac{1}{2}$ lb. Suet, 2 lb. Raisins, 2 lb. Currants, 2 lb. chopped Apples, 1 lb. Sugar (dark), $\frac{1}{2}$ lb. mixed Peel, $\frac{1}{4}$ lb. Almonds (chopped fine), rind of a Lemon, mixed Spice to taste.

Nottingham Pudding.

Cut some thin slices bread and butter. Put some raspberry jam between each slice. Place in baking tin. Put the juice of 2 lemons over it, and when about hot pour a custard over. When half baked, shake a thick coating castor sugar over, and finish baking.

Nuns' Pudding.

2 oz. Cornflour, 1 oz. Castor Sugar, 3 gills Milk, Lemon Juice and Rind, 2 Eggs, a few Ratafias, tablespoonful of Raspberry Jam.

Put 2 gills milk in saucepan, and make it hot; mix 2 oz. cornflour with the other gill of milk; add cornflour to hot milk; stir till it thickens. When it comes to boiling point, simmer 5 minutes. Draw to side, and cool. Add sugar, lemon rind, and juice. Separate whites and yolks of eggs, and stir yolks in cornflour mixture. Take pudding dish and put jam in the bottom, then a layer of biscuits, then the mixture. Whisk the whites, and place on the top with castor sugar. Brown slightly in oven, and decorate with angelica and cherries.

Omnibus Pudding.

$\frac{1}{2}$ lb. Flour, $\frac{1}{2}$ lb. Suet, $\frac{1}{2}$ teaspoonful Salt, 2 oz. Sugar, $\frac{1}{4}$ lb. Sultanas, 2 oz. Treacle.

Mix all with sufficient milk to make rather thin batter, about $\frac{1}{2}$ pint. Steam $2\frac{1}{2}$ hours.

Orange Pudding.

Peel and cut 5 oranges into slices; take out all the seeds, and pour over them $\frac{1}{2}$ lb. sugar. Make a paste with 1 tablespoonful of cornflour or arrowroot and a little cold milk. Beat the yolks of 2 eggs well, and stir them with the cornflour paste into a pint of boiling milk. Simmer till it thickens, then pour over the fruit. Beat the whites of the eggs to a stiff froth with a tablespoonful of sugar, spread over the top of the pudding, and harden for a few minutes in the oven.

Overtown Pudding.

$\frac{1}{4}$ lb. crumbled Biscuit or Bread Crumbs, 1 tablespoonful Castor Sugar, 2 Eggs, rather more than $\frac{1}{2}$ gill Milk, and teaspoonful Vanilla.

Mix dry ingredients, add well-beaten eggs, milk, and vanilla. Cover baking tin with short crust; decorate edges with leaves or stars; fill centre with a thin layer of jam, then cover with custard and bake.

Rich Pancakes (1).

6 oz. Flour, 4 Eggs, tiny pinch Salt, Vanilla Essence.

Break the eggs separately into the flour, and when these are well mixed add as much milk and cream as makes very thin smooth batter. Add 8 drops vanilla essence. Put a nut of butter in omelet pan, and when hot drop in about 2 tablespoonfuls of mixture. Whenever it

begins to firm, edge a knife under it. Toss or turn it. When it is a light golden brown remove from pan, sift sugar over and fold like a scroll, or in 3 corners. Serve with cut lemon or orange marmalade.

Plain Pancakes (2).

$\frac{1}{2}$ lb. Flour, $\frac{1}{2}$ pint Milk, 1 Egg, Sugar to sprinkle.

Add milk to flour gradually. When a smooth batter, add unbeaten yolk of egg. Mix well, and let stand a few hours before dinner. When ready to cook pancakes whip white very stiffly; add lightly to batter, and fry as usual. Squeeze lemon juice over, and serve.

Pancakes (3).

1 breakfastcupful Flour, pinch of Salt, do. of Sugar, 3 Eggs (yolks and whites to be switched separately).

Mix flour to a batter with milk; add switched eggs, and drop into buttered frying-pan 2 or 3 spoonfuls at a time. If batter is allowed to stand for 1 hour at least, pancakes are lighter.

Plantain Pudding.

Bake a custard in a pie-dish; when ready put away till cold. Turn out in a crystal and spread raspberry jam over it. Slice bananas over to cover and repeat process, spreading jam and bananas alternately. When the dish is piled as high as required, whip cream till it is very thick and pour over all. N.B.—It is necessary that raspberry jam is used, because no other brings out the flavour so well.

Polish Pancakes (Nalesnikis).

Take 4 eggs and beat them up very thoroughly with about $\frac{3}{4}$ pint milk, 1 oz. butter that has been oiled, $\frac{1}{2}$ a grated nutmeg, and about 6 lumps of sugar that have been rubbed on the outside of a lemon. Mix in sufficient flour—about 6 oz.—gradually, to make the whole to a very smooth batter. Melt a little butter in frying pan, and when it frizzles pour in some of the batter and sprinkle over a few currants. When pancake is fried, sift sugar over, roll up, and serve hot.

Shrove Tuesday Pancakes.

Beat 4 eggs thoroughly into 12 oz. of flour, a saltspoon of salt, 2 or 3 oz. sugar, $\frac{1}{2}$ teaspoon baking powder, grate nutmeg, and as much milk as makes a fairly thick batter. Beat till quite smooth. Fry with dripping instead of butter, 3 or 4 at a time in a large frying-pan. One spoonful will do for a nice-sized pancake. Pile up and keep hot.

Snow Pancakes.

Make in same way, using 3 tablespoonfuls snow and only 1 egg.

Paradise Pudding.

$\frac{1}{2}$ lb. Suet, $\frac{1}{2}$ lb. Sultanas, $\frac{1}{2}$ lb. Sugar, 1 oz. Orange Peel, $\frac{1}{2}$ lb. Bread Crumbs

$\frac{1}{2}$ lb. minced Apples, 3 Eggs.

Steam in buttered mould 4 hours.

PASTRY.

Pastry is always better if put away in a wet cloth, and let lie for a few hours. Excellent pastry is made by using equal quantities of butter and lard. Pastry made with Baking Powder requires a quick oven, and to be put in it as soon as made. Test oven with a little flour—if too hot will blacken; if pale brown, will do. Place pastry in the very hottest part of oven for seven minutes to rise, then move to rather cooler part until cooked.

Brush pastry when making jam tarts lightly under the jam with beaten white of egg; it will then not be sodden and heavy. When beating up the whites of eggs add a tiny pinch of salt, this will make them froth much quicker, as well as make the froth stiffer. The longer you beat whites the smaller the bells are. Keep whites in one part of the plate, and keep knife moving through all, on centre of plate. Lemon juice corrects richness of Pastry. Glaze a tart with a teaspoonful sugar in 2 teaspoonfuls milk.

Boiled Paste for Pies.

1 lb. Flour, a little Salt, 3 oz. boiling Suet, 2 oz. boiling Lard. Mix with boiling water.

Dripping Crust.

$\frac{1}{2}$ lb. Flour, $\frac{1}{4}$ lb. Dripping, pinch Salt, $\frac{1}{2}$ teaspoonful Baking Powder (to counteract any flavouring of dripping).

Beef dripping is best. Shred dripping if hard. Make with cold water, rather moist, as for flaky pastry.

Farola Pastry.

3 oz. Flour, 3 oz. Marshall's Farola, small $\frac{1}{2}$ teaspoonful Baking Powder, and 3 oz. Butter.

Mix flour, farola, and baking powder. Rub in the butter. Add just enough cold water to make paste, and don't handle more than is necessary. Roll out once, $\frac{1}{8}$ inch thick.

Flaky Paste (1).

$\frac{1}{2}$ lb. Flour, 1 teaspoonful Baking Powder, $\frac{1}{2}$ lb. Butter, and whites of one or two Eggs.

Switch whites to froth, and mix flour with whites and about 1 gill cold water to a nice paste. Roll out and place $\frac{1}{3}$ of butter cut in small pieces over this; sprinkle a little flour over. Fold in 3; roll out. Place second $\frac{1}{3}$ of butter in similar manner, and so a third time.

Flaky Paste (2).

$\frac{1}{2}$ lb. Flour, 7 oz. Butter, White of Egg, a little Lemon Juice, and cold Water.

Whip white of egg to stiff froth with a pinch of salt. Add the flour with lemon juice, and a few drops cold water. Roll out to about a foot. Take the seventh part of butter and divide into small pieces, and so on till all the butter is used.

German Pastry.

4 teacupfuls Flour, 6 or 4 oz. Butter, 4 oz. fine Sugar, a little Salt, 2 teaspoonfuls Baking Powder, 2 Eggs, 3 or 4 tablespoonfuls of Milk.

Rub butter well with the fingers in flour; add sugar, salt, powder; then add your eggs, well switched, with the milk; mix well, turn out

on your board, have it dry, and do not knead it; roll out, and cover your dish, or make into tartlets. Remember to keep back a little of the egg to brush over the top whenever you take it out of the oven.

Genoese Pastry.

6 oz. Flour, 8 oz. Castor Sugar, 6 oz. Butter, 7 Eggs.

Put eggs in basin with the sugar, and whip over hot water in another basin for about 25 minutes, till you get a thick substance like cream. Melt butter and sift flour; add a few drops flavouring. Mix very lightly. Pour into well-greased shallow round tin lined with well-buttered paper, and bake $\frac{1}{2}$ hour. (Butter tin and paper with scum from melted butter.) This will keep in tin any length of time, and is capital to have ready for any emergency, say, in the country. It makes delicious sandwiches, puddings, or gateau. You might cut out in shapes, each a size smaller than the other. Spread preserved fruit or jam between each layer, cover with whipped cream; decorate with dried cherries, angelica, or pistachio nuts, &c.

Italian Pastry.

$\frac{1}{2}$ lb. Flour, 2 oz. Butter, 3 oz. powdered Almonds, 2 oz. powdered Sugar, 2 tablespoonfuls Orange Flower Water, 1 Egg, $\frac{1}{2}$ teaspoonful Baking Powder, and a little Cream if necessary.

Rub flour and butter, sugar, and almonds well together with tips of fingers: must be done very lightly to prevent oil from almond curdling. Beat egg to froth, add orange flower water, and, if need be, the cream. Beat all to stiff dough. Turn on floured board, and work slightly. Only roll once. Roll out, and cut in shapes. Cook on greased tin in moderate oven till paste is a pale brown colour. Sift plenty sugar over, and cool in a hot atmosphere. Serve separately, or spread a little jam on one side, with whipped white of egg and sugar, like a meringue mixture, and dry in oven; or a little jam between, and stick two together. If you do not use powdered almonds, shell, chop, and pound others well. Must not be in lumps, or appearance spoiled.

Light Pastry for Boiled Puddings (Delicious).

3 tablespoonfuls Flour to 1 tablespoonful finely minced Suet, Salt, and $\frac{1}{2}$ teaspoonful Baking Powder, 1 gill of Water.

Mix well, but do not knead or roll out. Take knife and cut off little pieces and cover a buttered basin, also the top; cover over with buttered paper.

Puff Pastry (1).

$\frac{1}{2}$ lb. Flour, $\frac{1}{2}$ lb. Fresh Butter, 1 yolk Egg, 1 teaspoon Lemon Juice, Salt, Cold Water.

Squeeze the butter in a floured cloth to remove any moisture, put the flour into a bowl, add the salt, make a hole in the centre, and add the yolk of egg, lemon juice, and water enough to mix to a firm paste. Work it until smooth, then roll it out thinly, place the butter on one-half the paste, fold the other, and press the edges together. Let it stand in a cool place 15 minutes; now roll it out into a long piece, fold it in three, turn the edges towards you, roll again, fold in three and set aside for another 15 minutes. Repeat this till the paste has been rolled six times since adding the butter. The seventh time the paste must be rolled to required thickness.

Puff Pastry (2).

1 lb. of Flour, 1 lb. of Butter or Lard.

Mix a little salt with the flour if lard is used, and make it into a stiff paste with cold water. Roll the paste out to the size of a meat plate, and place the fat on it. After having worked it with the hand into a ball, using a little flour, put it away in a cool place for 1 hour; then roll it out four times; repeat this rolling out twice, letting the paste lie 1 hour between each turn. Then use.

Puff Pastry (3).

1 lb. butter and 1 lb. flour mixed with butter-milk; roll, and fold three times.

Rough Puff Pastry.

¾ lb. Flour, 6 oz. Butter, a few drops Lemon Juice, some very cold Water.

Sifted flour is lighter, so place through sieve; break butter into pieces about size of walnut with floured fingers, not to touch butter. Pour in water very slowly, mixing with other hand and quickly, till proper consistency. Dredge flour on board and rub well in. Roll out into long strip. Fold over in 3, roll lengthwise, repeating 4 times.

Short Pastry for Tarts (1).

½ lb. Flour, ¼ lb. Butter, 1 oz. Castor Sugar, 1 yolk of Egg.

Rub the flour and butter together until smooth, add the sugar, and then the egg; mix with a little cold water into a stiff paste. Roll it out and use.

Short Pastry (2).

Mix ¼ lb. cornflour with ½ lb. flour, a small teaspoonful baking powder, and a tablespoonful castor sugar; rub in 3 oz. butter or lard; beat up yolk of 1 egg with ¼ pint of milk, and stir it in. Knead up into light dough. Roll it out once.

Short Crust (3).

3 teacupfuls of Flour, ¼ lb. Butter or Dripping, 1 tablespoonful Sugar, 1 teacupful Cold Water, ½ teaspoonful Baking Powder.

Rub the dripping among the flour, add the sugar and baking powder; make into a stiff paste with the water. Roll the paste out rather thinly.

OR,

½ lb. flour, 2 oz. butter, 2 oz. lard, 1 teaspoonful sugar, 1 squeeze lemon juice, and a little cold water.

Suet Crust.

½ lb. Flour, ½ lb. Suet, good pinch Salt, ½ teaspoon Baking Powder, a little Water.

Mince suet fine and sift through coarse sieve, and proceed as for flaky pastry.

Patterdale Pudding.

3 eggs, same weight of butter, sugar, and flour. Mix ½ teaspoonful of baking powder with the flour. Beat all together; put into cups about half full, well buttered; bake ½ hour.

Paxton Pudding.

6 oz. Flour, 6 oz. Sugar, 6 oz. Butter, 6 oz. Marmalade (2 tablespoonfuls), ½ Nutmeg grated, 6 oz. Eggs (2 or 3), teaspoonful Carbonate of Soda.

Beat butter and sugar to cream, add flour gradually, to which carbonate of soda and nutmeg have been added, add marmalade, and

lastly the eggs, well beaten. Steam 2 hours. The marmalade may be kept out, and the mould ornamented with dried cherries or raisins.

Potato Pudding.

Line pudding dish with light paste. Boil and mash potatoes, then pass through sieve, add 4 eggs, or 4 yolks and 2 whites well beaten, juice of a lemon dropped on sugar and then sugar grated. Beat till mixture is very light, then bake 20 or 30 minutes in quick oven and sprinkle sugar over.

Plum Pudding (1).

2 lb. flour, $1\frac{1}{2}$ lb. bread crumbs, $2\frac{1}{4}$ lb. suet, 3 lb. raisins, 3 lb. currants, 2 lb. sultanas, 1 lb. mixed peel, $1\frac{1}{2}$ lb. sugar, $\frac{1}{4}$ lb. chopped almonds, 3 pints milk, 10 eggs, 2 carrots (grated), nutmeg, spice and salt to taste. To be boiled 6 hours. This quantity makes four good-sized puddings.

Plum Pudding, without milk or eggs (2).

$\frac{1}{2}$ lb. Flour, $\frac{1}{2}$ lb. Currants, $\frac{1}{2}$ lb. Raisins, $\frac{1}{2}$ lb. Suet, $\frac{1}{2}$ lb. moist Sugar, 1 oz. candied Lemon, $\frac{1}{2}$ lb. boiled Potatoes (thoroughly mashed), and a little Salt added; $\frac{1}{2}$ lb. Carrots, boiled sufficiently tender to pulp through a colander; a little Nutmeg, or Nutmeg and Ginger to taste. The weight of the carrots and potatoes must be estimated after mashing.

Mix all well together over night, commencing with the carrots and sugar. Flour cloth well, and tie pudding loosely, as it will swell. No liquid must be added, or pudding will be spoiled. Boil 4 hours; let it remain in the cloth a few minutes before turning out. (Much more easily digested than any other plum-pudding.)

Plum Pudding (3).

$\frac{1}{2}$ lb. Flour, $\frac{1}{2}$ lb. Bread Crumbs, $\frac{1}{2}$ lb. finely chopped Beef Suet, $\frac{1}{2}$ lb. Sugar, $\frac{1}{2}$ lb. Raisins, stoned, 1 teaspoonful of Allspice, same of Cinnamon, and $\frac{1}{2}$ Nutmeg, grated, 3 or 4 Eggs, $\frac{1}{2}$ lb. chopped Apples, 1 cup Milk.

Mix eggs with milk, and add last. Mix well and boil 8 hours.

Plum Pudding (4).

2 lb. Raisins, 1 lb. Currants, 1 lb. Sultanas, 2 lb. Suet, 1 lb. Flour, 1 lb. Bread Crumbs, 1 lb. scraped Carrots, 1 lb. Mixed Peel, $\frac{1}{2}$ lb. Sweet Almonds (blanched and chopped), 8 tablespoonfuls Brown Sugar, 2 do. Vinegar, 7 Eggs, Salt and Spice to taste, 2 teaspoonfuls Carbonate of Soda dissolved in half pint of milk added just before Vinegar at the last.

Boil 6 or 7 hours. Makes 4 puddings.

Plum Pudding (5).

$\frac{1}{2}$ lb. Raisins, $\frac{1}{2}$ lb. Currants, 1 lb. Bread Crumbs, $\frac{1}{2}$ lb. Minc'd Suet, 2 tablespoons Flour, 1 oz. each of Lemon, Citron, and Orange Peel, $\frac{1}{2}$ lb. Brown Sugar, a little Mixed Spice (say 2 teaspoonfuls).

Mix all these well together (having previously minced the peel very fine), with 4 eggs well beaten and strained, and sufficient milk to make the whole into a stiff mass. Butter a quart basin and fill quite full, place over the top a thin paste made of flour and water, securing it well over the edge, tie up in a wet pudding cloth, and put into boiling water and boil for 10 hours.

Any Day Plum Pudding.

1 breakfastcup Sweet Milk, 1 do. Treacle, 1 do. each of Raisins, Currants, and Suet (or 1 teacup Butter), 1 teaspoonful Salt, and do. of Soda, sifted with 3 breakfastups Flour, 1 teaspoonful each of Cinnamon and Allspice.

Mix milk, treacle, sugar, and spice. Add to flour and fruit, and boil 3 hours. A cup of prunes and dates may be substituted for the

raisins and currants, or prunes and figs, or dried apples, measured after soaking and chopping.

Baked Plum Pudding.

It is not generally known that plum puddings are very nice baked instead of boiled. The pudding should be put into a deep buttered basin, and covered with a plate (no cloth required), and allowed to bake in a slow oven for four or five hours, and it should then turn out like a steamed pudding.

Prince of Wales Pudding.

1 breakfastcupful Flour, 2 tablespoonfuls Butter, 2 tablespoonfuls Sugar, $\frac{1}{2}$ teaspoonful Carbonate of Soda, $\frac{1}{2}$ teaspoonful Cream of Tartar, $\frac{1}{4}$ teaspoonful Cinnamon, 2 tablespoonfuls Strawberry Jam, a little Milk.

Mix dry ingredients (rubbing butter in flour), stir in jam and milk. Put into buttered dish, and steam for 2 hours.

Prune Pudding.

$\frac{1}{2}$ lb. Prunes, 2 dessertspoonfuls Brown Sugar, a piece of Lemon Rind, 2 oz. Flour, $\frac{1}{2}$ pint Milk, $\frac{1}{2}$ oz. Butter, and 2 Eggs.

Put prunes in pan with a little cold water, lemon rind, and sugar, and cook till soft. Stone, crack a few stones and take kernels to flavour. Mix the flour gradually to milk; add eggs to batter, and beat well. Add prunes and butter broken in small pieces. Pour into buttered mould and steam $1\frac{1}{2}$ hours. Turn out, and pour the syrup which prunes were cooked in, over and around.

Stewed Prunes.

1 lb. common Prunes, $\frac{1}{4}$ lb. Sugar, 1 small Lemon.

Soak prunes 2 hours in warm water. Bring a breakfastcupful water, lemon juice, and rind of $\frac{1}{2}$ lemon and sugar to the boil. Add prunes, stew gently 1 hour, pick out lemon rind and serve.

Queen of Puddings.

1 pint of Bread Crumbs, 1 pint of Milk, $\frac{1}{2}$ large cupful of Sugar, the rind of 1 Lemon grated, and the yolks of 2 Eggs.

Beat the whole well together, and put into a buttered dish and bake in a slow oven until quite set. Take out of oven, and spread any kind of jam over the top, not too thickly. Beat the whites of eggs well together and spread lightly over the jam, then put back in oven to turn a light brown.

Railway Pudding.

Butter a shallow tin. Mix a teacup of flour, one of sugar, and 2 heaped teaspoonfuls of baking powder. Mix in a bowl 3 eggs and 1 tablespoon milk. Mix all well together. Pour into the tin and bake for 20 minutes.

Raspberry Pudding.

4 oz. Butter, 4 oz. Castor Sugar, and 4 oz. Flour.

Beat to a cream, add 2 tablespoonfuls of raspberry jam, and as much carbonate of soda as will lie on a sixpence. Add 3 eggs well beaten up. Put in a well-buttered mould, and boil 3 hours.

Raspberry Charlotte.

1 lb. Bread Crumbs, 2 lb. Raspberries. (See that there are no insects in hollow of Raspberries.)

Butter pie-dish; cover bottom well with crumbs, then raspberries, then sprinkling of sugar. Repeat till dish is full, ending with crumbs. Place a few little bits of butter over. Cover with plate and bake for $\frac{1}{2}$ hour. Then remove plate and lightly brown.

Rhubarb Custard.

Stew some rhubarb with sugar and rind of lemon; let it stand till cool. Make a custard with Bird's custard powder (using 2 packets to a pint of milk and a little sugar). When cool, mix it with the rhubarb. Pour it into a glass dish, and serve cold.

Always scald rhubarb before cooking it, for it requires much less sugar, and yet loses none of its flavour.

Rice Meringue.

Put a teacup of rice into $\frac{1}{2}$ pint of milk, and stand it at the side of the fire to simmer until quite soft. Then add the yolks of 3 beaten eggs to the rice in the stewpan, and beat the whole up with a teaspoon of fine moist sugar. Then turn it out into the dish that it is to be baked in, piling it up high in the centre, and spread a thick layer of jam over it. Whisk the white of the eggs to a stiff froth with a teaspoon castor sugar. Spread it over the jam, and sprinkle sugar on the top. Then drop a little of the froth about it in different shapes. Put into the oven for about 20 minutes, taking care to leave the oven door open.

Rice Pudding (1).

1 tablespoonful Rice, 1 oz. shred Suet, dessertspoonful Sugar, $\frac{1}{2}$ pint skim Milk, pinch Salt and Seasoning.

Grease pie-dish well, and put in pudding, with shred suet on top. Bake in slow oven till cooked.

Rice Pudding (2).

3 pints Milk, $\frac{1}{4}$ lb. Rice, 2 Eggs, and 2 tablespoonfuls Sugar.

Rice Pudding, without eggs.

$\frac{1}{4}$ lb. Rice, 1 tablespoonful Suet, 1 do. Sugar, grate Nutmeg, handful Sultanas, and 2 breakfastcups Milk. (Skim Milk will do, as Suet supplies want of fat.)

May be steamed or baked.

Rice Pudding (Whole in Mould).

4 oz. Rice, 1 pint Milk, 1 dessertspoonful Sugar, a Bay Leaf.

Wash and put rice in double pan. Boil milk and pour over rice, add bay leaf and sugar, or $\frac{1}{2}$ the thin rind of a lemon. Cook the rice $2\frac{1}{2}$ hours, seeing that the water in outer pan is kept boiling all the time. Pour into wetted mould, and set to cool. Serve with stewed fruit.

Rothesay Pudding.

$\frac{1}{4}$ lb. Flour, $\frac{1}{4}$ lb. Bread Crumbs, $\frac{1}{4}$ lb. Suet, 1 teacupful Raspberry or Gooseberry Jam, 1 teacup Milk, 1 dessertspoonful Sugar, 1 Egg, $\frac{1}{2}$ teaspoonful Carbonate of Soda, $\frac{1}{2}$ teaspoonful Vinegar

Wet the soda with a very little vinegar, just enough to moisten it, and add to other ingredients. Steam 2 hours.

Red Sago Shape.

Cook sago in water instead of milk. When clear and cooked, flavour with essence of lemon, sweeten, and add as much red or black currant jelly as colours it nicely—a little cochineal if liked. Stir well and pour into wetted mould.

Roly-Poly Pudding.

1 breakfastcup Flour, $\frac{1}{4}$ lb. Suet, $\frac{1}{4}$ teaspoonful Salt, 1 do. Sugar, $\frac{3}{4}$ teaspoonful Baking Powder.

Mix into paste with butter-milk or water and roll thin. Line

buttered bowl. Take $\frac{1}{2}$ lb. jam, put in spoonful, cover with paste, and repeat till bowl is full. Put paste last. Steam 2 hours.

Sago and Rhubarb Pudding.

$\frac{1}{2}$ lb. Rhubarb, 6 oz. Sugar, $\frac{1}{4}$ lb. Sago, 2 teacups Water.

Boil rhubarb in 1 teacup water 10 minutes. Soak sago 10 minutes in teacup warm water. Add it to rhubarb and boil 10 minutes longer. Pour into wetted shape.

Semolina Pudding.

$\frac{1}{4}$ lb. Semolina, $1\frac{1}{4}$ pint Milk, $\frac{1}{2}$ oz. Butter, 2 Eggs, 2 oz. Sugar, Flavouring.

Put $1\frac{1}{2}$ pint milk to boil. Sprinkle in semolina and boil, stirring constantly 5 minutes or so. Add sugar and butter. Mix well. Cool. Beat up eggs, stir in, add flavouring, butter plain mould; ornament with cherries or raisins. Steam 1 hour. Ground rice, same way.

Seven-Cup Pudding.

1 cupful Flour, 1 do. Bread Crumbs (very fine), 1 do. Sugar, 1 do. minced Suet, 1 do. Jam, 1 do. Milk (sweet or skim), 1 do. Sultana Raisins, 1 tea-spoonful Salt, 1 do. Baking Powder.

Steam for 3 hours.

Sir William Pudding.

Make light cake with 2 cups flour, 1 do. sugar, piece butter, 1 teaspoonful baking powder, milk, and 1 egg. Make custard with 4 yolks and 1 pint milk. Put pears at bottom of buttered pie-dish. Lay in slices of cake and cover with custard..

Snowballs.

Boil teacupful rice with $1\frac{1}{2}$ pint milk; flavour with chopped almonds, and sweeten with sifted sugar. When tender, beat rice smooth. Pour into cups which have been rinsed in cold water. When cold, turn out on glass dish, and garnish with bright-coloured jam.

Snowdon Pudding.

Mix well together $\frac{1}{2}$ lb. Suet, $\frac{1}{4}$ lb. Ground Rice, $\frac{1}{4}$ lb. Sugar, and 2 oz. of Marmalade.

Beat 2 eggs, and mix all well together; put the pudding into a buttered basin and steam for 2 hours. Serve with sweet sauce.

Spanish Pudding.

2 oz. Butter, 4 oz. Sugar, 4 Eggs, 1 Apple, Rind of Orange or Lemon, 4 oz. Puff Paste, Apricot Jam.

Roll paste thin and line a dish. Put some jam at the bottom. Beat butter and sugar to a cream, add eggs one by one, beating each till well mixed, then the rind (grated), and apple (grated also). Mix all and pour into dish, and bake $\frac{1}{2}$ hour.

Spanish Jam Pudding.

$\frac{1}{2}$ lb. Butter, 4 oz. Sugar, 4 oz. Flour, teaspoonful Baking Powder, 3 Eggs. Jam.

Beat butter to a cream; add sugar and flour alternately, then the eggs (well beaten), having mixed baking powder with the flour. Butter a mould; put jam at the bottom. Pour in the mixture; tie over with buttered paper and steam $1\frac{1}{2}$ hours slowly.

Sponge-cake Pudding.

6 Penny Sponge-cakes, 1 packet Bird's Custard Powder, 3 oz. white Sugar, Jam, and 1 pint new Milk.

Cut the sponge-cakes into slices; spread each slice with jam (raspberry, strawberry, or currant jams are preferable); and place in a dish. Make the custard with milk and sugar, and pour while hot into the dish. Let it stand until quite cold, and turn out. After

being turned out, the pudding will be improved by being surrounded with custard.

Spotted Dick.

6 oz. Flour, 4 oz. Sultanas or Raisins, 3 oz. Suet, 1 teaspoonful Baking Powder.

Chop suet, mix dry ingredients. Add as much water as will make a paste thick enough to roll out, as for roly-poly pudding or jam roll. When rolled out fold over and put into a pudding cloth and boil for 1 hour.

St Leonard's Pudding.

Line the edge of a pie-dish with pastry, and spread 2 tablespoonfuls of jam in the bottom. Make a sauce of 2 oz. butter and 2 oz. flour with $\frac{1}{2}$ pint of milk. When well boiled, add 2 oz. of sugar, essence to flavour, and 2 yolks. Pour this over the jam, and bake $\frac{1}{2}$ hour, or till the pastry is cooked and the custard set. Beat the whites of eggs stiffly, add a little sugar, and arrange roughly on the top. Place in the oven till set and lightly browned.

Strawberry Pudding.

3 oz. Bread Crumbs, 3 oz. Flour, 2 oz. Sugar, 3 oz. Strawberry Jam, 3 oz.

Suet, 2 Eggs, and a few drops Cochineal.

Mix all the dry ingredients, add jam and well-beaten eggs and cochineal. Steam in buttered mould 2 hours.

Suet Pudding.

$\frac{1}{2}$ lb. of Flour, pinch of Salt, $\frac{1}{4}$ lb. Suet, 1 large teaspoonful of Baking Powder, 1 large teaspoonful Sugar, 1 Egg, and enough Milk (about $\frac{1}{2}$ pint) to make it into a stiff batter.

Put it into a well greased basin, and boil for 2 hours. Serve with jam or sugar and butter. Sufficient for 8.

Sugar Roly-Poly.

On paste, spread a layer of bread crumbs, then Demerara sugar, then a little very finely-chopped peel, and another layer of bread crumbs. Roll up. Fix edges; brush over with milk and dredge with castor sugar. Bake 30 or 40 minutes, or boil 2 hours. Serve with syrup or syrup sauce.

Sweet Omelette.

3 Eggs, $\frac{1}{2}$ oz. Butter, teaspoonful Sugar, 15 drops Vanilla.

Separate yolks from whites of eggs; mix yolks with sugar and flavouring, and well stir them in a basin to a cream; well beat the whites, and stir in lightly. Put butter into saucepan, and when hot pour in mixture. Place on stove till quite set. Brown the top either in oven or before clear fire. Serve with spoonfuls of jam between the folds. Sprinkle with sifted sugar.

Swiss Jumble.

$\frac{1}{2}$ lb. Flour, 3 oz. Lard, 4 oz. Sugar, 2 teaspoonfuls Baking Powder, and about 1 gill sweet Milk.

Mix and pour into well-greased tin, and bake in pretty quick oven.

Swiss Pudding.

Peel and slice 1 lb. of apples, and stew them with a tablespoonful of sugar, and a little water to keep them from burning. Mix in bowl a full breakfastcupful grated bread, 2 oz. chopped suet, and about 3 oz. sugar. Grease a pie-dish, and put in the bottom of it half of the mixture in the bowl. Then pour in all the stewed apples. Put on the top all the remainder of the mixture, making it smooth. Put the pudding in the oven for about $\frac{1}{2}$ hour.

Swiss Pancakes.

$\frac{1}{2}$ pint Milk, 2 Eggs, 1 oz. Sugar (2 teaspoonfuls), $1\frac{1}{2}$ oz. Flour, grated rind of 1 small Lemon.

Dissolve sugar in milk. Beat eggs, adding pinch salt; add milk. Stir very gradually into flour (just like Yorkshire pudding). Grate lemon rind to batter; then pour at once into three well-greased saucers. Bake in quick oven. Spread a little jam on each while in saucer, fold in half, and dredge with castor sugar; or spread jam on one, and place other pancake on top. Cut in three-cornered ways.

Swiss Roll (1).

$\frac{1}{4}$ lb. Castor Sugar, $\frac{1}{2}$ lb. Flour, 2 Eggs, $\frac{1}{4}$ teaspoonful Baking Powder, some Jam, and 1 pint new Milk.

Put sugar in a basin, and add the eggs to it; beat and stir with a spoon; then the flour and baking powder, thoroughly mixed. Have a small-sized roasting pan; grease it well, and spread a piece of paper on bottom only; grease the paper also. Pour all the mixture out on this, and put in a hot part of oven till ready; it should only take five minutes. Have a paper spread on the table, with some sugar sprinkled on it; turn the cake upside down on this, and remove the greased paper. Spread all over with jam, and roll it up; this must be done quickly.

Swiss Roll (2).

3 oz. Flour, 3 oz. sifted Sugar, $1\frac{1}{2}$ oz. Butter, 2 Eggs, $\frac{1}{2}$ teaspoon Baking Powder, 2 tablespoonfuls Milk.

Beat butter and sugar to a cream; beat eggs till very light, and add them gradually to the butter and sugar; then add flour slowly, and baking powder last. If the mixture is too stiff, a little milk may be added. Pour into a greased flat tin, and bake in a quick oven 15 minutes.

Tapioca Cream.

2 good tablespoonfuls of Tapioca, 1 pint of Milk, 3 oz. Sugar, pinch of Salt, $\frac{1}{2}$ teaspoonful Vanilla, 2 Eggs.

Wash the tapioca in boiling water; soak in the milk for 10 minutes, then boil till transparent and well cooked. Stir in the sugar, salt, and vanilla, and when just cool enough the yolks of the eggs; have the whites beaten to a stiff froth; stir these lightly but thoroughly to the other ingredients, and pour all while warm into the dish for serving. Serve when quite cold.

Tapioca Pudding (1).

Put a teacupful of tapioca to steep in cold water over night. Pour it into pan with a little water, and keep stirring till it boils. Take a tin of preserved pine-apples or peaches and cut them up in nice little pieces, add to the tapioca, with half the syrup. Boil up again until tapioca is quite transparent. Pour into a glass dish, and when cool cover with cream whipped and sweetened, and piled up roughly. Ornament with stripes of angelica.

Tapioca Pudding (2).

Teacupful of tapioca with $\frac{1}{2}$ pint milk in a saucepan. Boil it, draw it aside, and let it swell very slowly; beat up 2 or 3 eggs, and add them with sugar and flavouring, and bake in oven.

Tapioca Pudding (3).

Well grease a large pudding-dish; put in 1 breakfastcupful well-washed tapioca, then a layer of any kind of preserve and sugar. Fill up to top with milk, without stirring, and bake in moderate oven.

Treacle Pudding.

$\frac{1}{2}$ lb. Bread Crumbs, 2 Eggs (well beaten), $\frac{1}{2}$ lb. Butter or good Dripping, 2 oz. Brown Sugar, 4 tablespoonfuls Golden Syrup (warmed).

Rub butter and bread crumbs together; add sugar, eggs, and syrup. Butter a mould or basin, and put in the mixture; tie up, and steam 5 hours. Serve syrup in sauceboat. Plenty of bread crumbs prevents treacle coming out.

Treacle Sponge.

$\frac{1}{2}$ lb. flour, $\frac{1}{4}$ lb. suet, $\frac{1}{2}$ teaspoonful ginger and carbonate of soda, 1 egg, $\frac{3}{4}$ teacupful of milk, and $\frac{3}{4}$ cupful of sugar, and same of treacle. Mix all well together; grease mould, and steam 2 hours.

Treacle Tart.

Warm some treacle. Stir in enough bread crumbs to make it quite thick, then $\frac{1}{2}$ teaspoon ground ginger. Put a layer of treacle and crumbs at bottom of buttered pie-dish, then a thin layer of suet crust, and so on till full or nearly so. Cover with thin crust, and bake $\frac{3}{4}$ hour. Just before serving brush over with water, and sprinkle sugar over.

Trifle Pudding.

Take 4 penny spongecakes or 12 finger biscuits, cut in two, and spread with raspberry or other jam. Dissolve a jelly square, and, when half cold, pour over spongecakes, which have been placed in a glass dish. When cold, put whipped cream on the top.

Jam Turnovers.

$\frac{3}{4}$ lb. Self-Raising Flour, $\frac{1}{4}$ lb. Butter, 1 dessertspoonful Sugar, and 1 Egg.

Rub butter in flour, add sugar, and make into paste, with egg beaten with a little milk. Roll out and cut in rounds. Wet edges, put in teaspoonful strawberry or other jam, turn half of paste over and pinch the edges. Fry in boiling fat a light brown. Sprinkle castor sugar over, and pile high on a plate.

Uncle Tom's Pudding.

Heat $\frac{1}{2}$ lb. syrup in a basin; mix in $\frac{1}{2}$ lb. flour, 4 oz. minced suet, 2 oz. brown sugar, 1 teaspoonful ground ginger, 1 of cinnamon, 1 of allspice, 1 of carbonate of soda. Beat 2 eggs; mix them in a cup of butter-milk. Mix all together; put into a buttered mould; steam for 3 hours. Serve with sauce.

Venice Pudding.

4 Tablespoonfuls Flour, 2 do. Sugar, 1 Egg, Jam, $\frac{1}{2}$ oz. Butter, 1 teaspoonful Baking Powder.

Rub butter in flour, then add the sugar, pinch of salt, and baking powder, mixing well all through. Beat up egg well. Pour into it a teacupful of milk, then mix with other ingredients. Stir well until it is a smooth batter; if too stiff add a little more milk. Butter a pudding dish, spoon in a layer of the batter, then a good layer of jam, strawberry or plum, then add rest of batter. Bake in a hot oven, and test if ready with a fork.

Vennoise Pudding.

4 oz. Bread, 3 Eggs, 4 oz. Sugar, 2 oz. Candied Peel, 2 oz. Sultanas, $\frac{1}{2}$ Lemon, 1 large breakfastcupful of Milk.

Cut the bread in small pieces, put in a basin with the peel cut up, raisins, and grated rind of lemon. Put 1 tablespoonful of the sugar in a saucepan ; set it over the fire till it becomes brown. Add the milk, and stir over the fire till it becomes hot (not to boil). Put the remainder of sugar in the basin with other ingredients, then add to them the milk, which will be coffee-coloured ; beat the eggs and stir them in the juice of lemon. Butter a mould, dust it with sugar, and decorate with cherries or sultanas. Pour in the pudding. Cover with a buttered paper, and steam for 1 hour.

Vermicelli Pudding.

1 teacupful Vermicelli, 1 quart Milk, Sugar, 2 Eggs, 2 tablespoonfuls Marmalade.

Boil the milk, and pour over the vermicelli ; let it stand till soft ; then beat well the eggs, and add to it, also the marmalade and sugar, and bake in a buttered pie-dish.

Victoria Pudding.

1 Egg, its weight in Butter, Castor Sugar, ground Rice, and Flour; 1 teaspoonful Baking Powder.

Cream the butter and sugar, then add the egg, and lastly the ground rice and flour and the baking powder, all mixed together ; sprinkle a little in at a time ; mix well ; put into a pie-dish, and bake in a quick oven for $\frac{1}{2}$ hour.

Wafer Pudding.

2 oz. Flour, $1\frac{1}{2}$ oz. Butter, 2 Eggs, and a little Sugar, $\frac{1}{2}$ pint Milk, Jam.

Beat flour, butter, and sugar together ; beat well the eggs, add milk, and mix all. Pour into buttered saucers, and bake a light brown. Put jam in centre, fold over, and serve hot.

Welsh Pudding.

1 Egg, its weight in Butter, Castor Sugar and Flour, a dust of Baking Powder, a little grated Lemon Rind, a good tablespoonful Jam.

Line a shallow dish with short pastry, spread over the jam, beat sugar and butter to a cream, add the egg, rind, flour, and baking powder. Pour over the jam. Bake $\frac{1}{2}$ hour, or till mixture is set. Dust sugar over and serve hot or cold.

Yorkshire Pudding.

6 oz. Flour, 1 pint Milk, pinch of Salt, and 2 Eggs.

Mix flour and salt, add milk gradually, then the yolks and whites beaten separately. Pour into baking tin a good supply of hot dripping from the roast, and bake in a quick oven from 20 to 30 minutes

OR,

$\frac{1}{2}$ lb. Flour, $\frac{1}{2}$ pint Milk, 1 Egg, $\frac{1}{4}$ teaspoonful Baking Powder, and do. Salt.

CREAMS, JELLIES, and SWEETS.

Add a pinch of cream of tartar to the half-beaten whites of eggs and then continue beating. The whites will never fall down before being used. Grease the upper inside edge of the pan in which chocolate is being made and it will not boil over. White silk makes the very best forcing bag.

Almond-Crusted Apples and Pears.

Pare and core the fruit and fill with any kind of jam; place on buttered tin, and brush well with beaten white of egg. Cover with mixture, composed of equal weight of ground almonds, sponge-cake crumbs, and caster sugar. Bake in pretty hot oven. Should be ready in about 20 minutes.

Ambrosia.

Oranges, Cream, Sugar, dessicated Cocoanut.

Peel very thin 2 oranges, and put peel in a saucepan with 1 gill water and 4 oz. lump sugar, and boil gently. Remove all white from oranges, and cut them into thin slices, removing pips. Beat $\frac{1}{2}$ pint cream to a stiff froth. Arrange on glass dish alternate layers of orange and cocoanut. Strain orange water, and pour over both; then the cream, sprinkled with pink sugar, at top.

Apple-and-Blackberry Souffle.

Stew some apples and blackberries, together with a little sugar, till soft; then press them through a hair sieve. Put the pulp in a pie-dish, and when cool, beat the whites of 2 eggs to a very stiff froth; mix in quickly not quite $\frac{1}{2}$ lb. caster sugar. Cover over the pulp with this, and bake in a slow oven till the meringue is crisp and just coloured. Sprinkle pink sugar on the top, and serve either hot or cold.

Apple Cheese.

6 lb. Apples, 6 lb. Sugar, juice of $\frac{1}{2}$ Lemon, and grated rind of whole.

Cut up apples without paring; put in jelly pan. Almost cover with water and boil thoroughly into a pulp, stirring frequently, as it is apt to burn. Rub through a sieve; then boil for almost 1 hour with sugar, pound for pound. Flavour with ginger or any other flavouring.

Apple Shape.

1 lb. Apples, 1 Lemon, 3 oz. lump Sugar, 1 oz. Gelatine, $\frac{1}{2}$ teaspoon Cochineal.

Peel and core apples, cut in small pieces, and put in a stewpan with the sugar and $\frac{1}{2}$ pint water, the grated rind, and strained juice of lemon. Stew till tender. Dissolve the gelatine in $\frac{1}{2}$ gill cold water; rub the apple through a sieve, and then stir in the melted gelatine. Pour into a mould, and stand aside till set. $\frac{1}{2}$ pint of cream, whipped to stiff froth, may be served with this jelly, either put round the edge of the dish, or if a border mould is used, place cream in the centre.

Apple Snow.

Take 1 lb. apples; cut in pieces and stew to a pulp; press through a wire sieve or colander. Add the white of an egg and white sugar to taste. Whip all together till white and frothy; pile on a glass dish, and, if liked, sprinkle with pink sugar. Rhubarb, when tender, may be done in the same way.

Apple Souffle.

Put 1 lb. apples, 1 oz. butter, and Demerara sugar to taste, to cook with a little water. Rub through sieve, add tablespoonful bread crumbs, and yolks of 2 eggs. Line pie-dish with pastry round sides. Put bread crusts, or peas or beans, in, and bake pastry. Whip whites stiffly, add to apples, turn into pastry, and cook in oven 7 or 10 minutes. Sprinkle sugar over. Serve hot.

Apple Trifle.

4 or 5 apples stewed to pulp, then rubbed through a hair sieve. Sweeten to taste. Make a custard with 2 yolks and one white of egg, 2 teacupfuls of milk. Heat the milk, pour it over the eggs; strain into a jug, set the jug in a pan of boiling water, and stir with wooden spoon till the custard thickens and coats the spoon. Pour into a bowl and flavour to taste. When cold, pour over the apples; cover with whipped cream, and serve.

Clear Apples.

8 large Apples, 8 oz. Lump Sugar, 1 pint Water, $\frac{1}{2}$ pint Whipped Cream.

Make a syrup by boiling the sugar and water together for $\frac{1}{4}$ hour. Pare and core the apples, keeping them whole; put them as you pare them in cold water to keep them white. Put apples in pan, pour the boiling syrup over, and leave on the fire for a few minutes. Take out carefully and place on glass dish. Make syrup pink, with a few drops cochineal, and pour it over the apples. Serve cold, with a teaspoonful whipped cream on each apple.

Ginger Apples..

Take 7 lbs. American apples; pare, core, and put them into cold water to preserve the colour. Take weight for weight of crystallized sugar. Put $\frac{1}{2}$ pint water to the lb. of sugar on fire, and let it come to the boil. Then put in apples and $\frac{3}{4}$ lb. whole ginger. Let them boil till they become transparent—nearly an hour on a pretty quick fire. Divide apples in quarters.

OR,

Boil sugar till quite clear; put in the fruit, boil for 20 minutes. Then put in 2 oz. essence of ginger, boil other 10 minutes. Put in 2 more oz. of ginger, and boil till fruit is quite transparent.

Apricot Cream.

$\frac{1}{2}$ oz. gelatine dissolved in 1 gill milk. Whip to stiff froth, 1 gill double cream. Take $\frac{1}{2}$ tin apricots. Cut apricots in small pieces, add 1 tablespoon of the syrup and 1 dessertspoon castor sugar. Mix apricots and sugar with the cream, then add the gelatine and milk. Pour into mould and set.

Baked Bananas.

Take 3 bananas weighing 1 lb. Bake them 20 minutes, and serve hot. The nourishment in them is equal to 6 lbs. of bread. They are perfectly digestible, and the most easily assimilated of all fruits.

Banana Cream.

10 Bananas, 1 tablespoonful Castor Sugar, 1 oz. Gelatine, 2 O. .
Cream, $\frac{1}{2}$ pint Milk.

Peel bananas and pass through a sieve. Add sugar and cream. Soak gelatine in 2 tablespoonfuls cold water, and, when solved, add it to milk, and let it just come to the boil. Then add the cream and bananas and mix lightly. Turn into a mould and set in a cool place. When set, turn out and put the oranges (cut in thin slices) round and serve.

Banana Cream (2).

Cut bananas in small circles, place in glass dish, scatter castor sugar over and a few drops vanilla. Make thin custard with 2 eggs and $\frac{1}{2}$ pint milk and pour over tepid. Whisk $\frac{1}{2}$ pint cream stiff and pile in little rough heaps over.

Bananas and Custard.

Allow one banana to each person, and a pint of good rich custard to every 5 bananas. Remove skin and split bananas lengthwise. Spread each half with strawberry jam, or any preserve preferred, and lay the halves together again. Arrange neatly in glass dish, and pour custard over. Serve cold.

Banana and Orange Cream.

4 Bananas, 2 Oranges, 1 tablespoon of Powdered Vegetable Gelatine, 2 tablespoonfuls Lemon-Juice, 1 teacup Castor Sugar, $\frac{1}{2}$ pint Cream.

Soak gelatine in $\frac{1}{2}$ cup cold water overnight, and next morning dissolve it in the same quantity of boiling water. Peel bananas and rub through sieve, add juice and pulp of oranges and lemon juice and sugar. Mix all well, and add gelatine. Set in cool place till it begins to stiffen. Whip cream stiff and stir all together. Put into wetted mould.

Banana and Prune Jelly.

$\frac{1}{2}$ box of Gelatine, 4 Bananas cut in cubes, $\frac{1}{2}$ cup of Cold Water, 2 cup of Sugar, $\frac{1}{2}$ lb. Prunes, $\frac{1}{2}$ cup of Lemon Juice, Boiling Water.

Soak prunes overnight, then cook in water to cover until tender. Drain, remove stones and cut in pieces. Soak gelatine in the cold water, add enough boiling water to the hot prune liquid to make one pint, and pour over soaked gelatine, and strain the whole over the banana slices. Heat to the scalding point, add sugar, lemon juice, and pieces of prunes. Stir, but without crushing the bananas, until sugar is dissolved. Turn into mould and set aside to become firm. When cold, turn out and serve with whipped cream.

Banana Pudding (Uncooked).

6 Bananas, Whipped Cream or Custard, 3 tablespoonfuls Strawberry Jam.

Peel and mash bananas. Put jam in a glass dish and place bananas round it. Serve with custard separately, or whipped cream put round.

Banana Sponge.

$\frac{1}{2}$ packet Gelatine, $\frac{1}{2}$ cup Cold Water, $\frac{1}{2}$ cup Boiling Water, 1 cup Sugar, Juice of a Lemon, 1 cup Banana Pulp, Whites of 3 Eggs, slices Banana.

Soften gelatine in cold water, add boiling water and sugar. When sugar is dissolved strain over banana pulp, heat to scalding point, cool a little, add lemon juice, and beat over salt and water until light and cold, then beat in, gradually, the whites of eggs beaten stiff. Turn

into a mould lined with slices of banana. Servo cold, ornamented with whipped cream, sweetened and flavoured.

Calves' Feet Jelly.

Take either an ox's or 4 calves' feet (ox as good, if thoroughly blanched, and all neat's foot oil taken out). Wash thoroughly, and put in pan with enough cold water to cover. Bring to boil; throw this water away and thoroughly wash again, and take all neat's foot oil out of crevices with back of spoon. Put on with 2 quarts cold water, and boil 5 hours with lid on. Strain, and put aside to cool, and skim by dipping spoon in hot water and passing over surface, removing all fat. Put stock in pan with rind peeled very thinly from 2 lemons, and juice, 5 ounces loaf sugar, 8 or 10 cloves, 1 inch stick cinnamon, and whites and shells from 3 eggs. Put pan on fire, and with whisk beat till stiff white froth appears, something like soap suds. Remove whisk, and draw pan slowly to side of fire. Let stand a minute or two; boil up again; let remain by side of fire with lid on for 12 minutes, then strain.

Charlotte of Fruit.

Line a deep mould with bread about $\frac{1}{2}$ inch thick; pour into this any kind of boiling fruit (damsons are best); let it stand till next day. Pour whipped cream or custard over it after it is turned out.

Charlotte Russe.

1 $\frac{1}{2}$ oz. Gelatine, 1 pint Milk, $\frac{1}{2}$ pint Cream, rind of $\frac{1}{2}$ Lemon grated and juice of the same, 2 oz. Sugar, 4 oz. Macaroons, Whites of 4 Eggs.

Soak gelatine in a little of the milk. Whip whites of eggs very stiff, also the cream. Boil the rest of the milk with the sugar and lemon rind. Add it to the gelatine, stirring all the time. When dissolved turn into a bowl and mix all together. Add lemon juice and beat well. Line a plain buttered mould with the macaroons, pour mixture in, and let it stand till next day. May be coloured with cochineal if liked.

Chocolate Cream.

1 quart sweet Milk, $\frac{1}{4}$ lb. Chocolate, 1 lb. Sugar, 6d packet Gelatine (Vanilla flavouring).

Grate chocolate, mix all ingredients but the flavouring, and pour in good sized jug. Stand in saucepan of cold water, stir occasionally, and when water boils 15 minutes, cream is ready. Stir now and then till nearly cold. Add flavouring, and pour into mould. To make mould turn out, dip 1 minute in boiling water.

Chocolate Souffle.

Blend large dessertspoonful arrowroot with $\frac{1}{2}$ pint milk, 2 oz. grated chocolate, piece of fresh butter size of walnut. Bring all to the boil for 1 minute, then cool. Beat whites of 2 eggs to stiff froth; mix beaten yolks with arrowroot and fruit, then pounded sugar to taste (2 tablespoonfuls), and lastly the stiff whites. Bake in a moderate oven from 20 to 30 minutes.

Chocolate Sponge.

4 whites of Eggs, 3 oz Cadbury's Chocolate, a little Vanilla, $\frac{1}{2}$ tin of Pine Apple, 2 tablespoonfuls of Water.

Chop chocolate into very small pieces, then put it into the water in saucepan, and stir till it is all melted. Add a few drops of vanilla,

and allow to cool whilst you beat up the 4 whites to a very stiff froth. When this is done mix in lightly, but thoroughly, the chocolate, and heap it up roughly in a glass dish. Take the tinned pine apple, remove any "eyes" from it, and cut into neat squares. Put a border of these squares round the sponge, and send quickly to table.

Chocolate Trifle.

$\frac{1}{2}$ teacupful brown Sugar, 2 teacupfuls Milk, 1 teacupful Butter, 2 teacupfuls Syrup, 1 tablespoonful Cornflour, broken into a little of the milk.

Boil the mixture 5 minutes, then add a breakfastcupful of grated chocolate, a pinch of carbonate of soda, and flavouring of vanilla. Boil all till it is of the consistency of thick custard, and remove from the fire. Take 6 penny sponge-cakes, cut in half, lay on dish, and soak well in milk. Place a layer of cake, and then chocolate, and so on. Cover all with some well-whipped cream.

Compôte of Mixed Fruits.

Strawberries, grapes, raspberries, green figs, melon, pine-apple, &c. Cut up the larger fruits, and sift a little sugar over all in a dish. Make a syrup by boiling 1 lb. sugar and $1\frac{1}{2}$ pints water till reduced to a pint. Pour over fruit while hot and stand in cool place for 24 hours. Turn out into glass bowl and serve very cold. Make plenty of syrup so that fruit floats about in it.

Compôte of Oranges, or other Fruit.

Soak $\frac{1}{2}$ ounce Mackay's extract of calves' feet in $\frac{1}{2}$ pint water overnight. Add $\frac{1}{4}$ lb. sugar, and bring to the boil. Then place in 4 sweet oranges, which have been peeled, and as much of the white removed as possible, and divided into liths. Boil till fruit is tender—oranges take about 10 minutes; cranberries, which need more sugar, 7 minutes; strawberries 5 minutes; cherries 5 minutes. Fill mould with cold water, pour out, but don't dry; then fill in mixture. If a double mould is used, place whipped cream or white of egg in centre. If compôte is of red fruit, cut shapes of hard-boiled egg and add as improvement.

Cream Shape.

1 oz. best Isinglass, Cream, Sugar, and Essence of Vanilla.

Boil the isinglass in a small quantity of water until quite dissolved. Take a pint and a half of good cream, boil half of it, having sweetened to taste, then strain the isinglass into it. Whisk up the remainder of the cream, after having added the essence, and when the hot cream becomes cool add to the cold cream, stir well, and pour into a well-oiled mould.

Crème Brûlée.

10 oz. loaf Sugar, peel of 2 Lemons, 1 pint of Cream, yolk of 8 Eggs, a little Salt, $\frac{1}{2}$ pint of whipped Cream, $1\frac{1}{2}$ oz. of clarified Isinglass.

Put 2 ounces of pounded sugar into a stewpan with the grated peel of 2 lemons; stir these with a wooden spoon over a slow fire until the sugar begins to assume a rather light brown colour, then pour in 1 pint of cream, and add to this 8 ounces of sugar, the yolks of 8 eggs, and a little salt. Stir the whole over the fire until the eggs are set, then strain cream through a hair sieve into a large basin, and mix

with it $\frac{1}{2}$ pint of whipped cream and $1\frac{1}{2}$ ounces of clarified isinglass. Pour the cream into a mould embedded in rough ice.

Colouring for Fancy Jellies, Creams, &c.

However ornamental coloured sweets may appear, this elegance should not be obtained to the risk of health. Simple vegetable colourings should only be permitted. Of these we can safely recommend the following:—

For red, it is usual for cooks to boil 15 grains of cochineal in the finest powder, with $1\frac{1}{2}$ drachms of cream of tartar in $\frac{1}{2}$ pint of water very slowly for $\frac{1}{2}$ hour, adding a piece of alum as large as a pea. The cochineal insect may be used in safety in such a small quantity; but we would rather recommend the juice of beet-root drawn out over the fire in a little water, with the addition of a squeeze of lemon-juice.

For green, a beautiful colour may be obtained from the expressed juice of spinach-leaves.

For yellow, if a transparent colour be required, orange or lemon jelly dissolved; if opaque, the pounded yolks of eggs.

For white, pounded almonds or arrowroot.

Damson or other Plum Cheese.

Take damsons that have been preserved without sugar, pass through a sieve to take out the skins and stones. To every lb. of pulp of the fruit put $\frac{1}{2}$ lb. loaf sugar, broken small. Boil together till quite stiff. Pour into four common-sized dinner plates rubbed with a little salad oil. Put in warm place to dry, and when quite firm take from plate and cut to any chosen shape.

Danish Meringue.

Some Preserves, a little Red Currant Jelly, a little Sugar, $\frac{1}{4}$ lb. Gelatine, Whites of 2 Eggs, some chopped Almonds.

Dissolve the gelatine in a little water, add a spoonful of red currant jelly to colour, and stir till it boils. Take a sixpenny sponge-eake and dig out a large part of the centre and fill with apricot jam. Beat the two whites, and mix with a tablespoonful of sugar. Fill the cake with the whites, glaze over with the gelatine mixture, dust with almonds and pistachios, and serve in a crystal.

Fig Compote.

1 doz. large Figs, 2 oz. fine Sugar, 1 sixpenny packet Gelatine, whipped Cream.

Take the figs, cut up in halves or quarters, put them into a saucepan with the gelatine, sugar, and enough water to quite cover them. Let them simmer slowly for 2 hours, then pour into a wet mould. When quite set, turn out and serve with whipped cream round. Prunes can also be used in this way, using $\frac{1}{2}$ lb. of prunes (stewed) to the packet of gelatine.

Fruit Cateau.

Soak $\frac{1}{2}$ oz. gelatine in as much water as will cover it for $\frac{1}{2}$ hour. Boil $\frac{1}{2}$ pint water and $\frac{1}{4}$ lb. sugar to a syrup. Throw in 1 lb. of any kind of firm fruit, not broken, and simmer till tender. Dissolve gelatine, put with fruit, add a few drops cochineal if needed, and juice of a lemon, if dry fruit has been used. Place a jelly-pot in middle of mould. Pour fruit round; turn out when cold on glass dish, and put whipped cream in centre.

Fruit Eggs.

Some stale Madeira or Sponge-Cake cut into rounds, a few tinned Apricots, 1 pint Milk, 2 tablespoonfuls Cornflour, rind of $\frac{1}{2}$ Lemon, 1 $\frac{1}{2}$ oz. Sugar.

Place the slices of cake, cut a little larger than the apricots, on a glass dish; soak them with the apricot syrup; then place half an apricot, round side up, on each slice. Make a blanc-mange with the milk and cornflour, sugar and lemon. Remove the rind, then pour the blanc-mange carefully over the apricots, so as to make them resemble poached eggs. Sprinkle a little cocoa or chocolate on each, and serve; or place some whipped cream round apricots, and sprinkle sugar and nutmeg over to resemble salt and pepper.

Fruit Jelly.

1 pint orange or lemon and 1 pint raspberry or other flavour, dissolved in 1 quart and $\frac{1}{2}$ pint of nearly boiling water. $\frac{1}{2}$ tin apricots and $\frac{1}{2}$ tin of pine apple cut up small and placed in a deep glass dish. Add the juice of the fruit to the dissolved jelly, and when nearly cold pour over the fruit. There should be quite 3 pints of liquid.

Ginger Cream.

$\frac{1}{2}$ pint of Cream, $\frac{1}{2}$ Lemon, 4 oz. preserved Ginger, 2 oz. Sugar.

Place the cream in a basin, and whip it to a stiff froth, add the lemon juice and the syrup from the ginger. Mix them very lightly together, and sprinkle in the sugar. Cut up the ginger in small pieces, and place them in equal quantities in some small paper cases. Put the cream in a forcing tube, and force it in large roses on the top of each. Serve in a glass dish.

Small Ginger Creams.

Dissolve $\frac{1}{2}$ oz. cut gelatine in 1 gill milk. Allow to cool while whipping 1 gill cream to stiff froth. Add milk and gelatine to cream with 2 oz. preserved ginger cut in small pieces and 1 tablespoonful ginger syrup. Add sugar, and allow cream to cool, stirring now and again. Put in small wetted moulds.

Ginger with Cream.

Preserved Ginger, Whipped Cream.

Cut up some ginger about the size of peas and put a teaspoonful and a very little syrup in each paper ramequin case. Fill the cases with whipped cream and serve.

Ginger Souffle.

Put in pan 1 oz. butter to melt, add 1 oz. flour; stir together a few minutes to cook flour; add 1 gill milk and 1 tablespoonful syrup of ginger. Put over fire again till it leaves side of pan. Take from fire, cool, then add 1 dessertspoonful sugar, some of the ginger cut in pieces, a few drops of ginger essence, the yolks of 4 eggs and whites of 5; add yolks to mixture after it has cooled; add at last minute the whites, whipped to stiff froth. Put into souffle tin, and pin a greased band of paper round. Take a piece of ginger, and put in pan with a little water. Boil for a few minutes, and pour round pudding when ready. Steam 35 minutes.

Gooseberry, Raspberry, or Strawberry Fool.

Put in stone jar 2 lb. unripe gooseberries, $\frac{1}{2}$ pint water, $\frac{1}{2}$ lb. sugar. Put jar in saucepan of boiling water on fire until quite soft

and tender ; then press through a sieve, and while still warm, add to it another $\frac{1}{2}$ lb. sugar and a pint of cream ; or new milk will do. Stir well, and grate a little nutmeg over top.

Honeycomb Cream.

1 oz. Gelatine, $1\frac{1}{2}$ pints Milk, Sugar to taste, 3 Eggs, teaspoonful Vanilla.

Soak the gelatine in the milk till soft ; place in a double pan the gelatine, sugar, and milk, and make warm to dissolve the gelatine. Beat the yolks of the eggs, add them slowly, and bring them all to the boil ; then add vanilla. Take the pan off the fire, whisk the whites of eggs, and stir in lightly. When the mixture is nearly cold, pour it into a wetted mould, and leave it till cold before turning out. The appearance is half jelly and half cream.

Jack Frost's Snowballs.

Dissolve 1 oz. of gelatine in a pint of new milk. Then add another $\frac{1}{2}$ pint, and boil in it a teacupful of fine sago and $\frac{1}{2}$ lb. of lump sugar. Let all boil together for 20 minutes, pour the mixture into six small china moulds or teacups, which have been well soaked in cold water, and leave until the next day. Turn out the little moulds in a glass dish, and garnish with stewed fruit or jam. Arrange on the top of each mould a little whipped cream, which ornament with "hundreds and thousands," or powdered sugar coloured with cochineal. Whites of eggs and sugar may take the place of the whipped cream.

Leche Cream.

Put in pan 1 pint milk, put in basin tablespoonful flour ; add 1 gill milk and 2 dessertspoonfuls sugar, free from lumps. Put yolks of 4 eggs into another basin, and mix with another gill of milk. When milk in pan is hot, add it to that with flour ; return to pan, and stir over fire till boiling, so as to cook flour. Then pour in egg mixture. Stir till it thickens, but do not boil ; flavour with grated rind of lemon. Take 4 oz. ratafia biscuits ; place at bottom of crystal, and over them 3 oz. grated cocoa-nut ; pour over the flour custard ; sprinkle more cocoa-nut over, with a little powdered sugar. Slightly brown under the grill, and then add plenty castor sugar, flavoured with a little essence.

Lemon Jelly.

1 lb. Sugar, 6 Lemons, 1 pint Water, 2 oz. Gelatine.

Dissolve gelatine and sugar in water on fire. Squeeze the juice of lemons, and grate the rinds into it. Bring to the boil, strain through muslin, and pour into a mould.

Lemon Snow.

$\frac{1}{2}$ oz. Leaf Gelatine, rind of 2 Lemons, $\frac{1}{2}$ pint Water, 2 oz. Loaf Sugar.

Put in pan and stir till gelatine is dissolved. Put juice of lemon in basin with whites of 2 eggs. Strain mixture over this, and whisk till stiff. Put half in one basin and colour pink, keep other half white. Put in glass dish, spoonful white and pink alternately. Sprinkle sugar over. If you prefer to keep all white, whip till marks are left in snow.

Lemon Sponge (1).

Whites of 8 Eggs, $\frac{1}{2}$ oz. Sheet Gelatine, teacupful Water, tablespoonful Sugar, juice of 2 Lemons.

Put water and gelatine on the fire to melt. Put whites into a

basin. Add sugar, juice of lemons, and gelatine (not too hot), and switch till stiff. Pour into wet moulds, and turn out before serving. The yolks to be used for a custard to pour round it when turned out.

Lemon Sponge (2).

2 oz. Gelatine, $1\frac{1}{2}$ pints of Water, $\frac{1}{4}$ lb. Sugar, the juice of 5 Lemons, the rind of 1 Lemon, the whites of 3 Eggs.

Dissolve the gelatine in the water; strain it into the saucepan, and add the sugar, lemon rind, and juice. Boil the whole for $\frac{1}{2}$ hour. Strain it again, and let it stand till it is cold and begins to stiffen. Beat the whites of the eggs, put them to it, and whisk the mixture till it is white. Put it into a mould, well wetted, and let it remain until perfectly set, and turn out.

Lemon Sponge (3, easy way).

$\frac{1}{2}$ packet Gelatine, whites of 2 Eggs, 1 or 2 Lemons, $\frac{1}{2}$ lb. Lump Sugar.

Put the whites of eggs, sugar, and lemon juice into a basin, and beat up. Dissolve gelatine with nearly a pint of boiling water. Let it remain till nearly cold, then whisk all together for $\frac{1}{2}$ hour.

Lemon Trifle.

Break 3 sponge-cakes into a pie-dish, and pour over them a custard. For this, take $\frac{1}{2}$ pint of milk and put it into a saucepan with a dessertspoon of sugar and the rinds of 2 lemons. Heat the milk, then stir in a piece of butter the size of an egg. Have ready in a basin the yolks of 3 eggs, well beaten. Pour the hot milk over these, stirring all the time. If quite thick, the custard is ready, but, if not, return to the saucepan and stir over the fire for a few minutes. Whip whites to a stiff froth, with tiny pinch of salt; then add 1 dessertspoon powdered sugar. Pour custard over sponge-cakes. Squeeze lemon juice over, and pile the sweetened whites on the top. Place the dish in the oven to brown slightly.

Macedoine of Fruit.

$1\frac{1}{2}$ quarts Orange Jelly, a few dried Cherries, a few Oranges (quartered), blanched Almonds, Grapes, &c.

Put in wetted mould about 1 inch of jelly, then add some of the fruit. Let this firm; add more fruit and jelly. Firm, and so on till mould is full.

Melon Compote.

2 lbs. Melon, 4 oz. Sugar, 1 teaspoonful Ground Ginger, a Bay Leaf.

Take off hard outside of the melon, and remove all the centre. Cut into pieces size of a plum. Make a syrup of the sugar, flavoured with a little of the melon peel, bay leaf, and ginger in about $\frac{1}{2}$ pint of water. Simmer for about 1 hour and pour over pieces of melon.

Moonshine.

1 oz. Gelatine, $\frac{1}{4}$ lb. Sugar, 1 pint Boiling Water, 2 Lemons.

Dissolve gelatine in a little cold water, add boiling water and sugar, also the grated rind of the lemons. Boil for $\frac{1}{2}$ hour. Strain and add the juice of 2 lemons. When nearly cold, whisk till it is snow-white. Set till next day in wetted mould.

Omelette Souffle.

Beat the yolks of 2 eggs and a tablespoonful refined sugar to thick cream with wooden spoon. Add 8 or 10 drops vanilla for flav-

ouring, and the whites of 3 eggs whipped to stiff froth. Have $\frac{1}{2}$ oz. butter melted in omelette pan. Pour in mixture; let it set on the fire; and when edges begin to come from the pan, put it into the oven for $2\frac{1}{2}$ minutes. Turn it on to a very hot plate, spread jam over quickly, turn over half, and dredge sugar over it; or simply turn over without jam.

Orange Jelly.

1 doz. sweet Oranges, sixpenny packet Gelatine, 6 oz. Castor Sugar, breakfastcupful cold Water.

Dissolve gelatine and sugar in water on fire. Squeeze oranges, and strain juice. Strain gelatine into this, and stir. Pour into wetted mould, and cool.

Orange Compote.

6 Oranges, 8 oz. Sugar, 1 pint Water.

Peel and cut oranges in rounds. Save all juice and put it with some shreds of peel, no white) into the water with the sugar. Boil this for 1 hour, and pour syrup over the rounds of oranges to cool.

Orange Meringue.

4 oz. Rice, 2 oz. Sugar, 1 quart Milk, Flavouring.

Swell out rice slowly in the milk for 4 hours until all milk is absorbed. Pour into basin and cool. Then turn into a glass dish. Pour over compote of oranges made by preceding recipe and put whipped cream on top.

Orange and Cocoa-Nut (cold, not cooked).

1 Cocoa-Nut, 4 or 6 good Oranges, 4 oz. Sifted Sugar.

Remove skins and white of oranges, and slice them roundways, taking out pips. Cut off the brown of cocoa-nut, and grate the white part. Place a layer of orange slices on glass dish, and sift some sugar over it, then a layer of grated cocoa-nut; another of oranges, sugar, and cocoa-nut, and another, till dish is nearly full. Pour in milk of the cocoa-nut and the orange juice, but leave at the top of the dish a layer of the cocoa-nut.

Peach or Pine-Apple Compote.

Pour juice out of tin and put in enamelled pan with breakfast-cup of white sugar and teacup of water. Boil a minute or two till sugar is dissolved. Put in fruit, and stew gently till tender. Cut off piece out of centre of sponge-cake, leaving a good wall all round which is not likely to break. Put in fruit when quite cold; place a slice of cake on top as cover; pour syrup over, and let cake soak in it. Pour thick cream or custard over all. Sprinkle pistachio kernels, which have been blanched like almonds and chipped finely, on top. The sponge-cake which was cut out may be crumbled, put into glass dish, soaked in cream, and covered first with jam, then with good custard.

Pine-Apple Shape.

Simmer 2 oz. tapioca in 1 pint water till clear. Stir 1 oz. gelatine in $\frac{1}{2}$ pint juice from tin of pine-apple till dissolved. Cut some pieces pine-apple in small squares. Add to clear tapioca with 2 table-

spoonfuls sugar. Stir till nearly cold; add gelatine and pour into wetted mould. Serve with thin slices of pine-apple round.

Pink Cream.

Boil 4 oz. ground rice in 1 quart milk. Add 2 oz. butter, 2 oz. sugar, and 10 drops essenee vanilla. Stir for 20 minutes after it boils, till it becomes a smooth custard. Colour it to a pink with cochineal. Spread over a glass dish some strawberry jam, and when the custard is cool pour it over the jam and set aside to cool. If desired, scatter dessicated cocoa-nut over the top.

Preserved Peaches and Apricots.

Take a tin of preserved fruit and strain off liquid. Dissolve enough gelatine (by boiling gelatine in a little sweetened water) to make a fairly firm jelly when cold. Add a few drops of cochineal. Put rather more than 2 oz. of this to a quart of liquid from the tin. Pour into mould, and drop peaches in, and either turn out whole or place in spoonfuls in glass dish with a little whipped cream.

Prune Shape.

$\frac{1}{2}$ lb. Prunes, $\frac{1}{2}$ pint Water, $\frac{1}{2}$ oz. Gelatine, Sugar to taste.

Stew prunes in the water till tender, then take them and remove the stones, and chop them small. Dissolve gelatine in the juice, and add sugar, and then the prunes. Pour all into a wetted mould to cool. Half a lemon added is an improvement. The stones may be broken and the kernels added. Very nice with whipped cream in centre.

Raspberry Cream.

1 pint of Cream, $\frac{1}{2}$ pint of Milk, $\frac{1}{2}$ pint of Syrup, 1 oz. Isinglass dissolved in the milk, and made hot; a few drops of Colouring.

Mix cream and syrup, and whisk well. Then add the dissolved isinglass quickly, whisk again, and pour into mould. Strawberry and pine-apple cream made the same way, but without the colouring.

Rhubarb Meringue.

Cut 1 lb. of pink rhubarb into inch lengths, and stew it with 4 oz. of sugar till tender; strain the juice into a basin, and rub the fruit through a wire sieve. Reduce the juice to a gill, mix it with fruit purée, add the yolks of 4 eggs, and the grated peel of a lemon. Pour the mixture into a fireproof dish and bake it $\frac{1}{2}$ hour. Whisk the whites of the eggs to a stiff froth, mix them with 4 oz. of sugar, spread them over the pudding, dust with pounded sugar, and return it to the oven for 10 minutes to set the meringue.

Gateau of Rice.

1 quart Milk, $\frac{1}{2}$ pint Cream, 4 oz. Rice, 2 oz. Sugar, Lemon Peel, Jam or Stewed Fruit.

Boil rice in milk till tender and thick, and add sugar and grated lemon rind. Take a glass dish and put a round pot in the centre, pile the rice round it, and let it stand till cold and firm. Carefully remove the pot, and fill up hole with jam or fruit. Whip the cream, and pile on the top.

Royal Cream.

1 quart Milk, 3 Eggs, 8 tablespoonfuls Sugar, 1 6d packet Nelson's Gelatine, Vanilla to flavour.

Soak gelatine in the milk $\frac{1}{2}$ hour. Beat yolks of eggs with the

sugar, and stir into milk, &c., and put into double pan till it nearly boils, stirring constantly. When thick, take from the fire immediately, add the whites of the eggs beaten to a stiff froth, stir it lightly, and pour into a wetted mould.

Russian Cream.

$\frac{1}{2}$ packet Gelatine, 1 pint Milk, 2 Eggs, 1 tablespoon Sugar, and $1\frac{1}{2}$ teaspoon Essence.

Steep gelatine in milk for about 10 minutes to soften. Put gelatine, milk, and yolks (beaten up) of eggs in pan; bring to boiling point, but on no account through the boil. Switch the whites of eggs to a snow. Lift off the pan, and lightly mix in the whites. Wet the mould, and pour all in. Leave till cold.

Semolina Souffle.

1 pint milk mixed in 1 oz. Cadbury's cocoa and 3 oz. semolina. Stir over fire till semolina is cooked. Then add 1 oz. butter, 2 oz. castor sugar and vanilla flavouring. Mix well. Add yolks of 4 eggs, then stiff whites. Line souffle-tin (greased well) with brown bread crumbs, and pour mixture in carefully. Cover with greased paper, and steam 25 minutes. Serve with rich custard sauce, flavoured with vanilla.

Snow Shape.

The whites of 2 Eggs, 1 oz. Gelatine, 4 oz. Sugar, the juice of two Lemons.

Soak gelatine and sugar in $\frac{1}{2}$ pint of cold water, leave for an hour; add $\frac{1}{2}$ pint hot water (not quite boiling). Let it stand for 10 minutes; strain gelatine, and add to it the whites of eggs, sugar, and lemon juice. Whisk all for 25 minutes or till firm; put in a wetted mould.

Sponge Apricot.

Scoop out all the centre of a stale sponge-cake, leaving only a case. Open a tin of apricots, and fill the case with the apricots. Strew over dessicated cocoa-nut, and put case on a crystal.

Stewed Apples and Peach Jam.

8 oz. Peach Jam or Bottled Peaches, 4 oz. Sugar, $\frac{1}{2}$ pint Water, 6 or 8 even-sized Apples, 2 gills Cream.

Boil sugar and water together for 1 hour. Have apples ready, peeled and cored, and put them in and simmer very slowly 4 or 5 hours. They must be cooked, but not broken. Take out the apples very carefully and fill them with the jam. Whip cream and put a little on each. Pour syrup round.

Tapioca Cream.

Take 1 tablespoon of tapioca, soak in cold water as long as possible; when thoroughly dissolved pour in a pint of milk. Put on the fire, and when beginning to boil stir in the yolks of 2 eggs, beaten well with a little sugar. When this boils stir in the whites beaten to a stiff froth, and take immediately from fire. Flavour to taste.

Trifle (1).

8 Sponge-Cakes, 4 spoonfuls Raspberry Jam, 5 Eggs, 2 cupfuls Milk, Sugar, Essence of Lemon, Macaroon Biscuits.

Cut cakes in slices and place in glass dish, with the jam spread

about. Make a thin custard of 2 yolks and 1 white, and the milk, sweetened and flavoured; pour it over cakes, and set aside to soak. Whip the rest of the whites of eggs with a pinch of tartaric acid, and essence of lemon to taste. Spread this over the custard and cakes, and sprinkle pink castor sugar (keeping the whites higher in centre). Place ratafias or macaroons round edge.

Trifle (2).

Put a good layer strawberry jam at bottom of crystal dish. Squeeze a little lemon juice over, which gives a freshness to strawberries. Sprinkle some ground almonds over, then some sponge-cakes, sliced and pierced with sharp-pointed knife. Pour over 3 or 4 tablespoonfuls milk, then $\frac{1}{2}$ pint boiled custard, after letting milk settle, then $\frac{1}{2}$ pint whipped cream, flavoured same as custard.

Vanilla Cream.

Soak a 6d packet gelatine in half a teacup milk for $\frac{1}{2}$ hour. Set in a pan of warm water till it melts, then switch the breakfast cream till stiff. Then let gelatine cool, but so as it will run from the cup to the cream. Sweeten with 1 oz. sugar and a few drops vanilla. Set in wetted mould for 12 hours. Plunge mould for a moment in hot water, and turn out on a glass dish and garnish with angelica and dried cherries.

Velvet Cream.

Make custard with 2 eggs and 2 teacups milk. Soak $\frac{1}{4}$ oz. gelatine in a little milk, and add with a teacupful cream when custard begins to cool. Pour into wetted mould.

Vol-au-Vent.

1 lb. Puff Pastry, 3 tablespoons castor Sugar, $\frac{1}{2}$ pint thick Cream, 1 pint Strawberries or any Fruit in season, 2 tablespoons Water, $\frac{1}{2}$ teaspoon Vanilla.

Roll out pastry $\frac{3}{8}$ in. thick, cut with large oval cutter, 8 inches by 5 inches, place on the centre a cutter 1 in. smaller and cut half way through as for patties. Pin round a piece of oiled paper about 5 inches deep, to keep it in shape. Bake in hot oven from $\frac{1}{2}$ to $\frac{3}{4}$ hour; about 15 minutes before done brush over a little egg. When done, remove centre. Prepare fruit as follows:—Boil 2 tablespoonfuls sugar and water together 10 minutes, put in fruit, and boil till tender. Strain juice, and boil to half the quantity. Put fruit into pastry can, pour over juice, whip cream till stiff, add the remaining tablespoonful sugar and Vanilla, and, if liked, a few drops cochineal. Pile on top of fruit, and serve.

A Christmas Dish for the Bairns.

Prepare some of the packet jellies, then take as many oranges as required, and make them into baskets by taking two pieces off the top, leaving a strip across for a handle. Remove the inside, which can be quartered and placed on a glass dish. Fill the baskets with the prepared jelly, place in a nice dish, and ornament with holly or green leaves.

SCONES, CAKES, &c.

To choose Flour take a handful, squeeze it; if it goes into a lump it is good, because starchy; if it falls away it is bad. A bowl of water in the oven will prevent Pies, Cakes, &c., from burning. Remember that small cakes require oven hotter than large. Do not open door of oven for seven minutes for small cakes or pastry, and twenty minutes for large cakes—always opening or closing door very gently, as a sudden action is injurious. Test Cakes, &c., with Skewer or a clean broom straw. Never move a cake in the oven until the centre is thoroughly set.

Seed and pound cakes require rather a hot oven. Light sponge cakes and large cakes with baking powder require a moderate oven. A very light cake put in a quick oven rises rapidly round sides, but is hollow in the middle. Cakes burn because the heat of the oven is not reduced after the cake has risen. In baking, a moderate oven is one which a teaspoonful flour will brown while you count thirty; a quick one, where only twelve can be counted.

To beat butter to a cream, scald the pan, and well dry, before putting in butter and sugar. Will beat it much more easily.

Lard is better to grease cake pans with than butter. The salt in butter causes the cake to stick.

When icing a cake, an excellent plan is to dust a little dry flour over the top of cake before putting on the icing, as, if this is done, the icing is not so likely to run off.

Never wash girdle or omelette pan; rub over with kitchen paper and salt.

An apple kept in the cake box will keep moderately rich cake moist for a great length of time, if the apple be renewed when withered.

Cut new bread with a hot knife.

Baking Powder (Excellent).

Take equal weights of rice-flour, bi-carbonate of soda, and powdered tartaric acid; mix thoroughly, pass through a sieve, and keep in tins for use. For pastry, use 1 teaspoonful to 1 lb. flour; for cakes, 2 teaspoonfuls to 1 lb. flour.

Bread (1).

3½ lbs. Flour, 2nds (one quarter), 1 oz. German Yeast, 2 teaspoonsfuls Salt. Time for making, ¼ hour, 2 or 3 hours for rising, 1½ hours for baking.

Put 3 lbs. flour and salt in basin, and make well in centre. Keep ½ lb. back to work bread with. Put 1 oz. yeast in basin, add a little tepid water (½ boiling and ½ cold). Stir yeast to thick paste, then add water, in all 1 pint and 3 gills lukewarm water, and stir all smoothly. Add water to flour very gradually, stirring with right hand one way in centre only, never sides, until all flour is used up. Sprinkle flour

over dough, and cover with clean cloth, double. Lay near the fire for at least 2 hours, turning occasionally. (If dough is too stiff, use more lukewarm water, as all flour must be used up). When dough has risen sufficiently, work in the rest of the flour, kneading from outside, and poking down in centre, and being careful always to have plenty flour on hands, &c. Knead well until all flour is used up. Divide now in loaves (two), place in tins, &c., or on clean oven tray. This may be floured or greased. Cut or score across bread to assist it to rise. Place near fire to rise, covered with cloth, for $\frac{1}{2}$ hour, then bake for $\frac{1}{2}$ hour, trying with skewer to see if ready. Place tins in hottest part of oven for 15 or 20 minutes, then if browning, turn, and gradually move aside to cooler part.

Bread (2).

1 $\frac{1}{2}$ lbs. Flour, 1 oz. Yeast, nearly $\frac{1}{2}$ pint Water, 1 teaspoonful Salt.

Cream yeast and salt, add warm water to it. Put flour in basin, make well in centre and use enough flour just to make a sponge. Sprinkle a little flour over, and set to rise for about 1 hour. When risen, work all flour into a sponge, and put on a tin. Set for 10 minutes, and bake in a quick oven till a good brown colour and, when you can knock it, it sounds hollow.

Bread (with Baking Powder).

1 lb. Flour, 1 heaped teaspoon of Royal Baking Powder, pinch of Salt, teaspoon of Sugar.

Add sweet milk to make to the usual cake thickness; put in pie-dish or cake tin, and bake in a quick oven. Time 30 to 40 minutes.

Breakfast Rolls.

1 lb. Flour, 2 teaspoonfuls Baking Powder, 1 do. Salt, 2 oz. Butter.

Mix with about 1 pint sweet milk, make up into twists, pleats, and rings; brush over with egg, bake in hot oven for 10 minutes.

Dinner Rolls.

1 lb. Flour, 1 teaspoonful Sugar, 1 do. Baking Soda, 1 $\frac{1}{2}$ do. Cream of Tartar, a pinch Salt.

Sift all through sieve, and rub into it 1 oz. butter. Mix with $\frac{1}{2}$ pint butter-milk; roll out three times. Cut in stripes, and twist round, or form into rolls. Bake in a nice quick oven for 10 minutes. Then brush over with hot water, in which a little butter has been melted.

Hot Cross Buns.

1 quart Milk, 1 $\frac{1}{2}$ oz. of Butter, 1 lb. Sugar, $\frac{1}{4}$ oz. mixed spice, 3 Eggs, 2 oz. German Yeast, 3 $\frac{1}{2}$ lbs. Flour.

Make the milk slightly warm, put it in a pan with half the sugar, 6 oz. of flour, the yeast and eggs mixed together, and cover in a warm place to rise; when risen with a frothy head, and again fallen and become almost flat, it is ready for the remainder of the ingredients to be mixed with it; the butter should be rubbed in the rest of the flour, and mixed altogether into a mellow dough; make up into buns, cut a cross and bake in a quick oven.

Hot Tea Cakes.

4 cupfuls Flour, 1 do. Sugar, 1 Egg, 1 tablespoonful Butter, 2 teaspoonfuls Royal Baking Powder.

Mix with sweet milk the usual thickness for cake. When done, cut open and butter either side with salt butter. Replace in the oven for a few minutes.

Oat Cakes (1).

$1\frac{1}{2}$ lbs. of fine Meal, 3 oz. of Lard or Dripping, 1 teaspoonful of Carbonate of Soda, 2 teaspoonfuls of Salt.

Mix all together with hot water and roll out quickly, and care should be taken not to have the dough too dry. Sprinkle the bake-board well with meal, and also the dough. Cut either square or round. Bake in a quick oven.

Oat Cakes (2).

Put $2\frac{1}{2}$ handfuls of fine oatmeal in a bowl, with a teaspoon sugar and a little salt. Pour over this $\frac{1}{4}$ pint of boiling water in which 1 oz. of butter or dripping has been melted. Mix well with a spoon, then turn out on board and knead with the hands into a round. Take the rolling pin and roll out very thin, taking care to dust the pin well with meal to keep it from sticking. Nick nicely round edges with finger and thumb. Cut in four. Have the girdle nice and hot, bring it to the edge of the board, and slip the cakes on to it. Fire on one side until edges begin to curl up, then toast the other side in front of the fire. An hour or two in a moderately hot oven makes them nice and dry and crisp.

Prepared Flour (Self-Raising).

Put half-a-stone of flour into a basin; mix with the flour $1\frac{1}{2}$ oz. carbonate of soda, and exactly the same weight of cream of tartar. Add also 3 teaspoonfuls of fine salt, and 1 tablespoon fine sugar. Mix, and pass through wire sieve, or very carefully with the hand. Will keep good in a covered crock for weeks. In winter, when the butter-milk is not so acid, 2 oz. cream of tartar will be required for $1\frac{1}{2}$ oz. of soda. For 4 teacupfuls of this prepared flour, add 1 breakfastcup of butter-milk; a dessertspoon of butter rubbed into the flour is a great improvement.

Prepared Flour for Scones.

4 lb. Flour, 2 oz. Cream of Tartar, 1 oz. Bi-carbonate of Soda.

Rub the tartar and soda in a mortar till very fine; put through a wire sieve along with the flour.

Sally Lunn's.

1 lb. Flour, 2 oz. Butter, $\frac{1}{2}$ oz. German Yeast (good weight), between $\frac{1}{4}$ and $\frac{1}{2}$ pint, Lukewarm Milk, 1 Egg, 1 teaspoon Castor Sugar, $\frac{1}{2}$ teaspoon Salt.

Melt the butter in a pan, add part of the milk and yeast. Mix sugar, salt, and flour, and pour the butter, yeast, and milk into the middle of it, adding the rest of milk and egg well beaten. Knead well into a light dough. Warm and grease two or three round tins and place the dough in them, cover with a cloth, and let then rise in a warm place for 1 hour. Bake in a quick oven for half-an-hour (more or less).

Scones (1).

1 lb. Flour, 2 oz. Butter, 2 oz. Sugar, $\frac{1}{2}$ oz. Cream of Tartar, $\frac{1}{2}$ oz. Bi-carbonate of Soda, $\frac{1}{2}$ pint sweet or Butter-milk.

Rub butter and flour together; then add sugar and cream of tartar. Dissolve the soda in the milk (cold), and mix all together in a basin to a stiff dough. Roll it out, about an inch thick, and bake in a moderate oven (when cut into the needed size) about 15 minutes; or on a girdle, and serve hot. When required for breakfast, the sugar

is often omitted. Care should be taken to roll them on the slab as little as possible.

Scones (2).

1 lb. of prepared Flour, 1 teaspoon Sugar, piece of Butter size of walnut, small pinch of Table Salt, as much Milk as will make a nice consistency.

Have the girdle very warm and thoroughly clean before starting, as it greatly depends on the firing. Put flour into a basin with sugar; rub butter in till it is quite powdered with the flour; add salt, and with a knife mix the milk, as this makes the scones lighter.

Scones (3).

1 lb. Flour, 2 oz. Butter, $\frac{1}{2}$ oz. Sugar, 1 teaspoonful Carbonate of Soda, $1\frac{1}{2}$ teaspoonfuls Cream of Tartar, a little Salt, and sufficient sweet Milk to make into dough, not too stiff.

Follow the directions given above.

Scones (4).

1 lb. Flour, 1 teaspoon Carbonate of Soda, $\frac{1}{2}$ do. Cream of Tartar, pinch of Salt.

Break up on plate carbonate of soda, cream of tartar, and salt. Add to flour, and mix to a very wet dough, with nearly 1 pint milk, preferably butter-milk. Flôur board well, and knead in lightly as much more flour as it will take up. Do not knead it too much. This dough is better for standing a short time. The softer you put out scones the better. When scones are hard through, they are ready. Only turn once.

Scones (5).

8 oz. Flour, 2 oz. Butter, $\frac{1}{2}$ pint Milk, $\frac{1}{2}$ teaspoonful Baking Powder.

Make into smooth dough and roll out any shape, $\frac{3}{4}$ inch thick. Put immediately into moderate oven and bake 20 minutes.

Scones (6).

White of 1 Egg, 2 oz. Butter, 1 breakfastcupful Flour, 1 teaspoonful Baking Powder, pinch Salt, $\frac{1}{2}$ pint Milk.

Whip egg and mix with milk. Rub butter and flour together, &c. Make into rounds $\frac{1}{2}$ inch thick, and bako about 20 minutes.

Barley Meal Scones.

Put milk in pan with a pat of butter and salt to taste. Let it come to the boil and then stir in quickly barley meal till it is of the thickness of dough. Put it on the board and let it stand for a minute, then roll out quite thin and bake on a girdle over a pretty sharp fire, turning on both sides. Cover up in a cloth a little before eating. Serve hot.

Brown Scones (1).

1 cupful Germ Meal or fine Bran, 1 do. Wheaten Meal, 1 do. White Flour, $\frac{1}{2}$ teaspoonful Salt, $\frac{1}{2}$ do. Cream of Tartar, $\frac{1}{2}$ do. Baking Soda.

Mix well together with butter-milk to rather soft dough. Turn out on a board and work a little. Meal drier than white, so it requires more room to swell. Roll out once, mark, and cut in shape. Bake on floured tin, say, $\frac{1}{2}$ hour. Good test to put finger on top of largest one; if it feels firm, it is done.

Brown Scones (2).

$\frac{1}{2}$ lb. Whole Meal Flour, $\frac{1}{2}$ lb. White Flour, 1 oz. Butter, 1 oz. Sugar, 1 teaspoonful Salt, 2 do. Baking Powder.

Mix all dry ingredients, and rub butter in till no lumps are left. Mix with butter-milk to rather soft dough. Turn on to floured board;

work as little as possible ; roll out thin. Cut into shapes, and bake on hot girdle 4 minutes on each side.

Cream Scones.

$\frac{1}{2}$ lb. Flour, 1 oz. Butter, pinch Salt, 1 teaspoonful Baking Powder (small), 1 Egg, about 1 gill fresh Cream.

Amount of cream depends on dryness of flour. Rub dry ingredients together. Beat 1 egg, and add half cream to it ; then mix to a stiffish dough. Turn on slightly floured board. Roll out once only, and handle as little as possible. Prick dough well over before cutting in shapes. Bake on floured tin in quick oven. After cooked, take point of knife, cut tiny slit at side, and slip in a little bit of fresh butter.

English Scones.

1 lb. Flour, 1 oz. Butter, $\frac{3}{4}$ teaspoonful Cream of Tartar, and nearly teaspoonful Baking Soda, 1 teaspoonful Salt.

Mix all, and moisten with butter-milk—must be quickly and lightly mixed, and no lumps of soda left. Knead slightly. Mark in 4 on top. Place on floured tin, and bake in quick oven 15 minutes. When taken from oven, do not cut, but break them in marked places.

Garibaldi Scones.

1 lb. Flour, 2 oz. Butter or Dripping, 1 oz. Sugar, 1 teaspoon Baking Soda, 1 teaspoon Tartaric Acid, and sweet Milk sufficient to mix into a soft paste.

Rub butter in among dry articles and make into a soft paste with milk, using a spoon and not stirring much. Divide into three pieces, roll each piece and divide into four. Brush over with egg or milk, and bake for about 10 minutes in a moderate oven.

Pancake Scones (1).

2 teacupfuls Flour, $\frac{1}{2}$ teaspoon Soda, 1 do. Cream of Tartar, $\frac{1}{2}$ do. Salt, small $\frac{1}{2}$ teacup Sugar, 1 teaspoon Syrup, 1 Egg (well beaten), 1 teaspoon Butter.

Mix with butter-milk into a batter, not too stiff. Grease girdle and make it hot, then pour mixture in tablespoonfuls on girdle and turn once.

Pancake Scones (2).

1 breakfastcupful of Flour, 1 Egg, 1 teaspoonful Baking Powder, 1 dessert-spoonful Sugar, $\frac{3}{4}$ breakfastcupful Butter-milk (or sweet).

Mix them carefully to a smooth thin batter, and bake them on a girdle about 5 minutes (turning them).

Pancake Scones (3).

2 teacupfuls Flour, 1 do. Milk, 1 tablespoonful Butter, 2 do. Sugar, 1 Egg, 1 teaspoonful Cream of Tartar, 1 do. Soda.

Beat egg with sugar, add melted butter, then mix soda with milk ; add to egg, sugar, and butter, and put cream of tartar in flour. Then add mixture to flour and beat well.

Pancake Scones (4).

3 teacupful of Flour, $\frac{1}{2}$ do. of Sugar, 1 teaspoonful Baking Soda, 2 do. Cream of Tartar, 1 teacupful of Milk, 2 Eggs.

Fire in large spoonfuls on hot greased girdle, making pancakes very thin.

Plain White Scones.

Mix 4 teacupfuls flour, 1 teaspoonful carbonate of soda, $1\frac{1}{2}$ do. cream of tartar, $\frac{1}{2}$ do. salt, 2 do. sugar or 2 do. syrup (which makes the scones a light brown colour). Rub into the flour a dessertspoonful

of butter. Mix well, and then add butter-milk to make a soft dough. Care must be taken to mix it thoroughly, until all the flour is absorbed, and it is firm enough to handle without working it after it is on the bake-board. Sprinkle flour on board, then put out half the dough; sprinkle a little flour on the top, then gently work with the fingers into a round, half inch thick. Cut in four, and fire on a moderately heated girdle. The above mixture makes 8 scones, and they are delicious if the above rules are observed. The secret of having nice scones is not to touch the dough after it is on the board, except to work it out as directed. By putting 1 teacupful of oatmeal to 3 teacupfuls of flour, with the same mixture as for white scones, you have a nice short scone.

Potato Scones (1).

Mash boiled potatoes till quite smooth, adding a little salt. Then knead out with flour or barley meal to thickness required. Toast on girdle, pricking them with fork to prevent blistering. Eaten with butter, they are even superior to crumpets, and very nutritious.

Potato Scones (2).

Pare and boil potatoes, with a little salt; mash them while hot, adding a handful oatmeal; or, better still, put them through a potato squeezer, adding a little meal each time you fill the squeezer. Knead out with self-raising flour to thickness required. Toast on girdle at once, pricking them with fork to prevent blistering. Secret of lightness, is in having scones baked while potatoes are hot.

Spiced Scones.

2 teacupfuls Flour, 1 teaspoon Bi-carbonate of Soda, 1 do. Cream of Tartar, 1 do. Salt, 1 do. ground Ginger, 1 do. ground Cinnamon, 1 dessertspoon Sugar, piece of Butter size of walnut, 1 tablespoon Treacle, and a little Butter-milk.

Mix dry ingredients. Heat butter and treacle and proceed as in white scones.

Tea Scones.

$\frac{1}{2}$ lb. Flour, 1 tablespoonful Sultanas, 1 dessertspoonful Sugar, 1 do. Butter, 1 do. Royal Baking Powder, a pinch of Salt. Mix with sweet Milk.

Mix flour, sugar, powder, and salt; then rub in butter; add milk and raisins. Make dough rather soft, and bake in hot oven 10 minutes.

Treacle Scones.

Same mixture as for white scones, only add double quantities of soda and cream of tartar, and put in 2 tablespoonfuls of treacle instead of syrup. Work out in the usual way.

Stale Bread.

When immersed in cold water for a moment or two, and re-baked for about 1 hour, it is in every respect equal to newly-baked bread; or wrap in cloth and steam 10 or 15 minutes in steamer. Then dry in oven. Rolls or biscuits may have top crust wet with a little melted butter. Then brown a minute after steaming.

Sugar Cakes for Afternoon Tea.

Cream 4 oz. of butter, add 2 oz. of sugar (beating well), 4 oz. of flour, 1 teaspoonful of baking powder, 1 tablespoonful of milk, and the yolk of an egg beaten up. Turn out on a floured board, roll out and cut into any fancied shape. Bake 5 minutes in sharp oven.

Wheaten Meal Scones.

3 teacupfuls of Wheaten Flour, 1 teacupful of Flour, 1 teaspoonful of Soda, 1 do. Cream of Tartar, 1 do. Sugar, $\frac{1}{2}$ do. Salt, 1 dessertspoonful Butter or Margarine, about a breakfastcupful of Butter-milk.

Mix in the same way as the white scones, and fire on a girdle or in a quick oven for about 10 minutes.

Wheaten Meal Loaf (Steamed).

1 lb. Wheaten Meal, 1 teaspoonful Carbonate of Soda, 1 do. Sugar, $\frac{1}{2}$ do. Cream of Tartar, $\frac{1}{2}$ do. of Salt.

Mix with butter-milk into a soft dough. Steam for 2 hours in a deep cake pan with a buttered paper tied over the top. Care must be taken that no water gets into the pan while steaming.

SMALL BISCUITS.

Secret in having very light flaky biscuits is to handle as little as possible and get quickly into hot even.

Abernethy Biscuits.

Dissolve $\frac{1}{4}$ lb. butter in $\frac{1}{2}$ pint warm milk; 4 lb. flour, a few carraways, $\frac{1}{2}$ lb. sugar, and make stiff but smooth paste. To render biscuits short and light, add $\frac{1}{2}$ drachm carbonate of ammonia in powder. Roll very thin. Cut, prick with fork, and bake on tins in quick oven.

Arrowroot Biscuits.

2 oz. Arrowroot, 4 oz. Flour, 1 Egg, 1 oz. Sugar, 3 oz. Butter, 1 teaspoonful Baking Powder.

Rub the butter and flour well together, then add the other ingredients except the baking powder and egg; add these last. Roll out and cut in shapes, and bake until firm.

Biscuits.

2 lb. Flour, $\frac{1}{4}$ lb. Butter, 1 Egg, a little Sugar, Milk to make a thick paste.

Make each biscuit round, about $\frac{1}{2}$ oz. in weight. Bake immediately in quick oven 3 or 4 minutes.

Brown Bread Biscuits.

2 cupfuls whole brown Meal, 1 cupful Flour, tiny pinch Salt, piece of Butter about size of egg, 1 dessertspoonful Castor Sugar, 1 do. Baking Powder.

Rub butter in flour, &c. Mix as light as possible to very soft dough. Roll out to about $\frac{1}{2}$ in. thick; cut in shapes. Prick over with fork; bake to nice brown colour in quick oven.

Butter Biscuits.

1 lb. Flour, 1 Egg, $\frac{1}{4}$ lb. Butter, small teaspoonful Baking Powder, a little Salt.

Mix baking powder, flour, and salt. Rub in butter, having squeezed out milk; add egg, well beaten, and as much water as will make stiff paste. Roll three times, then again very thin; prick and cut, and bake in quick oven.

Cheese Biscuits.

2 oz. Flour, 1 oz. Butter, 2 oz. Cheese, Mustard, Pepper, and Salt, 1 yolk of Egg.

Mix well. Cut out. Bake in quick oven.

Cocoanut Biscuits.

$\frac{1}{2}$ lb. Cocoanut, $\frac{1}{4}$ lb. Castor Sugar, 1 oz. Plasmon, Whites of 3 Eggs.

Put sugar and eggs into basin and whisk to stiff froth; then lightly stir in cocoanut and Plasmon. Place in little heaps on a buttered paper on a baking sheet, and bake in a moderate oven about 20 minutes. Dry well, and keep in air-tight tin.

Cocoanut Biscuits (2).

$\frac{1}{2}$ lb. Desiccated Cocoanut, 2 oz. Castor Sugar, 3 oz. Ground Rice, Whites of 3 Eggs.

Mix well the dry ingredients. Whip whites to stiff froth, add, a little at a time, to mixture and mix well. Put in very rough heaps in tablespoonfuls on well-greased tin. Bake in a quick oven 5 minutes. Then let oven cool down and cook slowly for $\frac{1}{2}$ hour. They should be a golden brown.

Plain and Short-Crust Biscuits.

Make 1 lb. flour, the yolk of an egg, and some milk into a very stiff paste. Beat it well and knead it till quite soft. Roll very thin and cut. Bake in slow oven till quite dry and crisp.

Small Biscuits.

$\frac{3}{4}$ lb. flour, $\frac{1}{2}$ lb. salt butter, $\frac{1}{4}$ lb. sifted sugar, 2 yolks of eggs, and flavouring of vanilla or lemon, all mixed together; cut into shapes, brush with white of egg, and dust with crystal sugar.

Fine Gingerbread Snaps.

3 lb. Flour, 1 lb. Sugar, $1\frac{1}{2}$ lb. Butter, $3\frac{1}{2}$ lb. Treacle, 2 oz. Ginger, 1 oz. each of Allspice, Candied Peel, and Lemon Peel, 1 Nutmeg.

Rub flour and butter together, add other ingredients, make into paste. Lay them on tins size of a nut.

Gingerbread Biscuits.

$\frac{1}{4}$ lb. Flour, 2 oz. Sugar, 1 teaspoonful Ginger or Cinnamon, 2 oz. Butter, $\frac{1}{2}$ teaspoonful Baking Powder, and a little beaten Egg.

Shape with a nicked cutter and prick over. Bake till brown and firm to the touch.

Ginger Snaps.

2 cupfuls Treacle, 1 do. Lard, 1 tablespoonful Soda, 1 do. Ginger, Flour to make stiff enough to roll out.

To make them snappish; when the ingredients are put together before the flour is added, the mixture must be brought to a boil.

Kringles.

(Nice to eat with Coffee.)

2 oz. butter in cup, melted gradually over boiling water. Break 4 yolks of eggs in basin with 1 white, beat up and fork well. Add to eggs 2 oz. white sugar, also the melted butter. Stir with wooden spoon till quite smooth. Then add all at once $\frac{1}{2}$ lb. flour. Mix all to stiff paste. Flour board and knead paste well together. Roll out $\frac{1}{2}$ inch thickness. Cut in shapes. Prick with fork dipped in flour. Bake for 10 or 15 minutes. If liked brown, egg over.

Oatmeal Biscuits.

10 oz. Oatmeal, 10 oz. Flour, $\frac{1}{4}$ lb. Sugar, $\frac{1}{2}$ lb. Butter or Dripping, 1 teaspoonful Carbonate of Soda, 1 Egg, a little Salt

Mix with milk, roll out thin, and cut into biscuits.

Rice Biscuits.

4 oz. each of Sugar, Butter, Ground Rice, and Flour.

Make into a paste with one egg. Roll out and cut in rounds.

Rock Biscuits.

1 lb. Flour, $\frac{1}{2}$ lb. Butter, $\frac{1}{2}$ teaspoonful Ginger or Nutmeg, 6 oz. Sugar, Lemon Peel, 1 teaspoonful Baking Powder.

Mix with 1 egg and a little milk. Bake in a quick oven.

Savoury Biscuits.

4 oz. Flour, 2 oz. Butter, $\frac{1}{2}$ teaspoon Anchovy Sauce, 1 yolk of Egg, Cayenne Pepper.

Roll pastry out $\frac{1}{4}$ inch thick. Cut into strips, and bake till pale brown.

Shrewsbury Biscuits.

8 oz. Flour, 4 oz. Sugar, 4 oz. Butter, 1 Egg, and a little Essence.

Cream the butter and sugar; add egg, flour, and essence, and make into a dough. Roll out thinly, and cut into shapes. Bake about 10 minutes.

Vanilla Biscuits.

4 oz. Flour, 4 oz. Pine Kernels, 1 oz. Castor Sugar, 2 oz. Butter, a pinch Baking Powder, White of 1 Egg, 2 drops Essence of Vanilla.

Put the pine kernels twice through the nut mill (or bread grater). Rub the butter into the flour, add sugar and kernels and then baking powder. Then add whipped white and vanilla and mix thoroughly. Roll out a moderately thin paste, cut into rounds, and bake in a quick oven 10 to 15 minutes.

Yorkshire Perkins.

$\frac{1}{2}$ lb. Flour, 4 oz. Oatmeal, 6 oz. brown Sugar, 1 oz. mixed Spice, 4 oz. Butter, 4 oz. Treacle.

Mix all with butter-milk into stiff dough; divide all into $1\frac{1}{2}$ oz. nuts. Place on greased tin, and bake in cool oven.

AMERICAN RECIPES.

In these recipes a cupful means a breakfast cupful.

Breakfast Muffins.

Sift 2 heaped cupfuls flour, 2 teaspoonfuls baking powder, and 1 do. salt; add $\frac{1}{2}$ cupful sugar, and rub in 1 tablespoonful butter; beat 1 egg thoroughly, stir it into 1 cupful of milk, mix well into the flour. Pour into well-greased muffin-pans; bake in a hot oven 20 minutes.

Corn Bread.

Mix 1 cupful yellow Indian meal, $\frac{1}{2}$ do. flour, 2 heaped teaspoonfuls baking powder, $\frac{1}{2}$ do. salt, and 1 do. sugar. Rub in 1 level tablespoonful of butter; add the beaten yolks of 2 eggs, $1\frac{1}{4}$ cupfuls milk; beat in the beaten whites of the eggs, and bake in a hot oven about $\frac{1}{2}$ hour.

Corn Meal Pones.

Scald 1 pint of milk, and stir in 1 cupful of sifted meal, mixed with 1 tablespoonful of flour, 1 scant teaspoonful of salt, and $1\frac{1}{2}$ teaspoonfuls of baking powder. Add 3 well-beaten eggs; beat all well, and pour into buttered tins. Bake $\frac{1}{2}$ hour in a hot oven.

Crullers.

Rub 1 cupful of sugar and 1 tablespoonful of butter to a cream, stir in the beaten yolks of 2 eggs and 1 cupful of milk, then the beaten

whites. Sift 3 cupfuls of flour with 2 teaspoonfuls baking powder and 1 do. salt. Stir in the sugar and eggs. Roll out, using what flour is necessary, and no more. Cut into shapes, and fry a light brown.

Griddle Cakes.

Sift together 1 pint flour, $\frac{1}{2}$ teaspoonful salt, and 1 heaped do. baking powder. Stir in 2 well-beaten eggs, and 1 pint of milk. Mix thoroughly, and bake at once and quickly.

Pop-Overs.

Beat 1 egg for 5 minutes, stir in 1 cupful of flour alternately with 1 cupful milk, $\frac{1}{2}$ teaspoonful salt. Beat all thoroughly, and bake in buttered muffin-pans in a hot oven.

SMALL CAKES.

Albert Cakes.

$\frac{1}{2}$ lb. Flour, good teaspoonful Cinnamon, 3 saltspoonfuls sifted Sugar, a little Salt, few drops Lemon Juice, 1 Egg, a little Jam.

Rub butter into flour, cinnamon and sugar. Roll out $\frac{1}{3}$ inch. Cut in stripes 3 inches wide and 2 stripes 1 inch wide. Lay down centro of broad stripe a little jam. Put little cross bars across centre of jam. Wet edges of stripe of pastry and lay on narrow stripes. Brush over with sugar and water. Bake 20 minutes. Cut in fingers —one cross bar to each cake.

Almond Cakes.

6 oz. fine Flour, 4 oz. Butter, 4 oz. sifted Sugar, 2 oz. Almonds, 2 Eggs, 1 tablespoonful Milk, $\frac{1}{2}$ teaspoonful Baking Powder.

Blanch the almonds; cut a few in stripes for the top of the cake, chop the others finely. Grease small tins. Beat butter and sugar to a cream; add the almonds, flour, and eggs well beaten, milk, and baking powder. Half fill the tins with the mixture, sprinkle the almonds on the top, and bake in a moderate oven for about 20 minutes.

OR,

Whites of 2 Eggs, $\frac{1}{4}$ lb. powdered Almonds, 2 oz. Sugar, 1 dessertspoonful Flour.

Mix all lightly together, drop on wafer paper, and bake in moderate oven 5 to 7 minutes, till they puff well up. Let cool on tins, then lift carefully up; and break away wafer paper from bottom. Keep in tin.

Almond and Honey Cakes.

1 lb. Flour, 1 lb. Honey, 6 oz. Ground Almonds, 6 oz. Butter, 1 teaspoonful Powdered Cloves, $1\frac{1}{2}$ teaspoonfuls Carbonate of Soda.

Put the honey and butter on the fire and let it boil up. Mix the flour, cloves, and almonds together, and pour the boiling mixture on them. Mix the soda in a little cold milk and add the last thing. Mix all well and let it stand for 5 or 6 hours. Then roll out into 1 inch thick rounds, or squares. Put a few almonds on the top and bake till a golden brown, about 15 minutes.

Almond and Rice Cakes.

2 oz. Ground Almonds, 2 oz. Butter, 2 oz. Castor Sugar, 4 oz. Ground Rice, 2 Whites of Eggs.

Beat butter to cream. Add sugar and almonds, then sprinkle in rice, beating it all the time. Whip whites to stiff froth and mix all together. Drop in teaspoonfuls on a well-greased tin, and bake in quick oven 5 or 10 minutes.

Bachelor's Buttons.

Rub 4 oz. butter into 10 oz. flour; 2 oz. of sugar; beat 2 eggs; add to the mixture. Break off pieces size of a nut, sprinkle sugar over, and bake on buttered paper a light brown.

Banbury Cakes.

$\frac{1}{2}$ lb. Puff Pastry, 2 oz. Sugar, 2 oz. of mixed Peel, 1 oz. of Biscuit Crumbs, 4 oz. Currants, a dust of Allspice, 1 oz. Butter, $\frac{1}{2}$ an Egg.

Roll the pastry out to $\frac{1}{8}$ inch thick; stamp out into rounds, 6 ins. in diameter. Beat butter and sugar to a cream; add crumbs, eggs, minced peel, spice, and currants; put a little on each round of pastry. Wet the edges, fold in half, and seal carefully. Turn over edges downward, and press out a little. Brush over with water, dust with sugar, and bake 10 to 15 minutes.

Buns.

1 lb. Flour, 6 oz. Butter, 2 teaspoonfuls Baking Powder, $\frac{1}{4}$ lb. Sugar, 1 Egg, nearly $\frac{1}{4}$ pint Milk, and a few drops Essence of Lemon.

Will make 24 buns.

Cherry Cakes.

For Pastry.—3 oz. Flour, 1 oz. Plasmon, 2 oz. Butter, Salt, Yolk of Egg, and water.

For Mixture.—2 oz. Butter, 2 oz. Sugar, 1 oz. Dried Cherries, 1 oz. Peel, 1 oz. Cake Crumbs, $\frac{1}{4}$ oz. Corn Flour, 1 Egg.

Cream butter, and sugar, and add other dry ingredients and eggs gradually till like thick cream. Make the pastry by rubbing butter into the flour and adding Plasmon, mixing with egg and water till a thick paste. Roll out and cut in rounds. Put pastry into greased tins and add teaspoonful of mixture. Bake in a hot oven 15 minutes.

Cheese Cakes.

Heat 1 pint milk on fire and make a curd by putting a few drops of rennet to it. Press the whey from the curd. Mix 3 eggs with the curd, 3 ratafia biscuits, 4 tablespoonfuls cream, 2 oz. sugar, and a few drops lemon. Press the curd in a napkin to absorb the moisture. Pound the above mixture in bowl with wooden spoon. Line 6 patty pans with puff paste, fill up with the cheese custard and place a couple of stripes of candied peel on top of each.

Chocolate Buns.

$\frac{1}{2}$ lb. Sifted Sugar, 1 oz. Chocolate (or 2 teaspoonfuls Cocoa), white of 1 Egg beaten stiff, $\frac{1}{2}$ teacupful grated Cocoa-nut.

Mix into thick paste; roll out on sugared board; cut with a tin star. Place on writing paper. Bake in cool oven.

Chocolate Fingers.

3 oz. Butter, 3 oz. Sugar, $\frac{1}{2}$ oz. Cocoa Essence, 6 oz. Flour, 3 oz. Castor Sugar, 1 teaspoon Vanilla, 2 Eggs, 1 teaspoon Baking Powder.

Beat butter and sugar to a cream; add flour, eggs, vanilla, and cocoa. Beat a few minutes. Pour into a dripping tin lined with greased paper. Bake slowly $\frac{1}{2}$ hour. Remove from tin, take off paper, and ice with chocolate icing.

Small Christmas Cakes.

Take equal weight of chopped apples and raisins, brown sugar, candied peel, and currants. To 1 lb. of mixture put juice and rind of lemon and $\frac{1}{2}$ teaspoonful mixed spice. Make into small cakes with flaky pastry, brush over with white of egg, and sprinkle sugar over.

Cocoa-Nut Buns.

1 cupful Sugar, and 2 slices of Bread without crusts, rubbed into 1 lb. desiccated Cocoa-nut.

Mix with 2 beaten eggs, and bake in small greased tins in quick oven.

Cocoa-Nut Cakes.

$\frac{1}{2}$ lb. Flour, 2 oz. Sugar, 3 oz. Butter, 2 oz. Ground Cocoa-nut, 1 teaspoon Baking Powder, 1 Egg, a pinch of Salt, and teaspoon Essence of Lemon.

Mix dry ingredients. Rub in butter; add egg and enough milk to make a stiff dough; then bake in pieces the size of an egg in warm oven 10 minutes. When nearly done, sprinkle a little ground cocoa-nut over top. Return to oven till a light brown colour.

Cookies.

Beat 1 egg and 1 cup sugar to cream. Work 2 oz. butter soft, and beat it with egg and sugar. Grate in $\frac{1}{4}$ nutmeg, add 1 gill milk and prepared flour enough to make a sufficiently stiff paste to roll out, about a pound. Roll $\frac{1}{8}$ inch thick; cut out with cutter, and lay on a floured baking pan, and bake 12 minutes in moderate oven.

Cream Cakes (1).

Put in saucepan $\frac{1}{2}$ pint milk or water. Bring to boil. Add 1 tablespoon castor sugar and 2 oz. butter. Draw to side of fire and stir in very briskly 5 oz. flour. Take pan off fire and drop in one by one 3 eggs. Beat well, then set aside to cool. Then with forcing bag, put some of mixture in fingers or on rounds on greased tin and bake in slow oven till firm to touch and nice golden brown. Split rounds in two; fill centre with whipped cream, custard, &c. Cover with top, and place chocolate icing over fingers.

Cream Cakes (2).

3 oz. Flour, 2 oz. Butter, $1\frac{1}{2}$ teacupfuls Milk, 2 Eggs.

Boil milk and butter together, then add flour, and stir over fire till smooth. Keep stirring over fire a few minutes, then cool, and add yolks of eggs, and at last whites beaten very stiffly. Drop in spoonfuls on a greased oven shelf, and bake in hot oven about 20 minutes. When cool, split open and fill with whipped cream.

Dough Nuts (No. 1).

Put into a basin $\frac{1}{2}$ lb. of flour, a good teaspoon of baking powder, a pinch of salt; mix these well together with the tips of fingers, add 1 tablespoon of sugar, and rub in a piece of butter the size of a walnut. Make a well in the centre, drop in one egg, and moisten with enough butter-milk to make a stiff dough. Drop a teaspoonful of the mixture into boiling fat, and cook from 5 to 6 minutes until a nice brown colour. Take out and drain on paper; dust over with fine sugar. A few drops of flavouring essence may be added.

Dough Nuts (No. 2).

$1\frac{1}{2}$ lbs. Flour, 3 oz. Butter, 3 oz. Soft Sugar, 1 Egg, a few drops Vanilla, 1 cupful Milk, and 3 teaspoonfuls Baking Powder.

Beat butter and sugar to a cream, add other ingredients. Knead into a stiff dough, roll out $\frac{1}{2}$ inch thick, cut out with a round cutter, out a hole in the centre with a smaller cutter. (If the first cutter is not large, a clean thimble will do for the second size.) Fry in boiling lard.

Dropped Cakes.

1 pint Flour, $\frac{1}{2}$ lb. Butter, $\frac{1}{4}$ lb. fine Sugar, $\frac{1}{2}$ grated Nutmeg, handful Currants, 2 Eggs, large pinch Carbonate of Soda.

Bake in slack oven 10 or 15 minutes. Will make 30 cakes.

Ginger Scrolls.

1 oz. Butter, 1 oz. Flour, 1 oz. Syrup, 1 oz. Demerara Sugar, 1 teaspoonful Ground Ginger, few drops Lemon Juice, and Vanilla Essence.

Put all in saucepan except flour. Allow to slightly warm (to be like sauce), then stir in flour. Have two baking tins very well greased, as very likely to stick to tin. Put small dessertspoonfuls here and there on tin with plenty space between each, and bake in moderately hot oven for a very short time, as likely to burn (5 minutes long enough). Mixture should be pretty thin. Roll round greased slipper moulds or a round stick, while cool, and remove moulds as soon as snaps are set. May put a little pile of cream in each.

Holiday Buns.

1 lb. Flour, $\frac{1}{2}$ lb. Currants, $\frac{1}{4}$ lb. Raisins, $\frac{1}{2}$ lb. Sugar, 2 oz. Lemon Peel, 1 large tablespoonful Baking Powder, 2 Eggs, and $\frac{1}{2}$ pint Sweet Milk.

Put a tablespoonful into each patty pan and bake in a brisk oven

Kisses.

1 Egg, 1 cupful Sugar, $\frac{1}{2}$ do. Butter, $\frac{1}{2}$ do. Milk, 1 teaspoonful Cream of Tartar, $\frac{1}{2}$ do. Soda, Flour enough to make a stiff dough.

Drop on tins, and sprinkle over with powdered sugar. Bake in a quick oven.

Lemon Cakes.

3 oz. Butter, 3 oz. Sugar, 5 oz. Flour, 2 Eggs, $\frac{1}{2}$ teaspoonful Baking Powder, Lemon or other flavour to taste.

Rub butter, sugar, and flour together, add powder and switched eggs. Bake in small tins in a moderate oven.

London Buns.

1 lb. Flour, 2 oz. Butter, 3 oz. Sugar, 5 oz. Sultana Raisins, 1 oz. Orange Peel (minced), 1 Egg, pinch of Salt, $\frac{1}{2}$ pint Milk, 1 teaspoonful Carbonate of Soda, $\frac{1}{2}$ teaspoonful Tartaric Acid or 2 teaspoonfuls of Cream of Tartar, few drops of Essence of Lemon.

Knead until pretty firm, and then divide into small buns. Brush over with a little milk, sprinkle a little rough sugar over the top. Bake in a smart oven for 20 minutes.

OR,

1 lb. Flour, $\frac{1}{2}$ lb. Butter, $\frac{1}{4}$ lb. Sugar, $\frac{1}{4}$ lb. Orange Peel, 3 Eggs, Butter-milk, Essence of Lemon, Lump Sugar, and $1\frac{1}{2}$ teaspoonfuls Baking Powder.

Make dough very stiff. Brush over with egg, &c., and bake about 15 minutes.

Macaroons.

To 1 lb. blanched and beaten sweet almonds, put 1 lb. sugar, and a little rose water to keep them from oiling. Then beat the whites of 7 eggs to a stiff froth; add and beat well together. Drop on wafer paper, grate sugar over, and bake.

Meringues.

Take $\frac{1}{2}$ lb. sifted sugar, 6 whites of eggs. Whisk the whites until they are quite stiff; then with a spoon mix in the sugar lightly. Cut several bands of white paper 2 inches wide, and put on wood well seasoned; then put spoonfuls of the mixture a little apart on the bands of paper, dust the top with sifted sugar, and put the boards into

a cool oven, with door a little open, to harden them. Then scoop out the insides and put back into the oven to harden. Fill each half with whipped cream, flavoured with essence of vanilla. Join two together, and serve. Secret of a good Meringue is to dry, not bake. Should be in oven at least $\frac{1}{2}$ hour.

New Year Cakes.

(More digestible than Mince Pies.)

Take equal weight of chopped apples and raisins, brown sugar, candied peel and currants. To 1 lb. of mixture put juice and rind of lemon and $\frac{1}{2}$ teaspoonful mixed spice. Make into small cakes with flaky paste, and brush over with white of egg and sprinkle sugar over.

Orange Cakes.

Take all the pulp of the oranges that you have used for making marmalade, and rub it through a hair sieve with a wooden spoon. Allow $3\frac{1}{4}$ lb. of sugar to 1 lb. of the pulp, and boil it 1 hour, or until it becomes quite thick. Put it away in jars, and let it remain months until it becomes quite firm; and then take a sheet of white paper, and form some of the orange into small round cakes the size of a penny. Cover them with sifted sugar, and leave them to dry.

Orange Rock Cakes.

$\frac{1}{2}$ lb. Flour, $\frac{1}{2}$ teacupful Sugar, 2 teaspoonfuls Baking Powder, 3 oz. Butter, 1 Egg, 1 Orange.

Put flour, sugar, and powder in basin, mix well. Rub in butter; grate in $\frac{1}{2}$ rind of orange. Add juice of whole orange, and egg, well beaten, to make very stiff dough. Take off in rough pieces, about the size of a walnut, with two forks, and put on oven shelf, allowing a little space between each. 10 or 15 minutes in quick oven.

Queen Cakes.

8 oz. Flour, 2 oz. Butter, 2 oz. Sugar, 2 oz. Sultanas, 1 oz. Peel, rind of Lemon (grated), 1 Egg, and $\frac{1}{2}$ teaspoonful Baking Powder.

Cream butter and sugar. Add flour and egg gradually, beating well between times. Then add raisins, peel, and lemon rind. Beat again, and lastly add baking powder, and mix well. Fill small greased tins three parts full, and bake in oven very quick at first, then cooler. Cook till pale brown, and firm to touch.

OR,

3 Eggs, weight of same in Flour, Sugar, and Butter, Essence of Lemon.

Put the butter into a basin, and with the hand cream it well, add the eggs, and beat; then the flour, and continue to beat one way for about 15 minutes. Add a few drops essence of lemon. Put in small greased tins, and bake in quick oven for about $\frac{1}{2}$ hour.

Raspberry Buns.

Mix 6 oz. ground rice and same of flour. Rub in $\frac{1}{4}$ lb. lard, same of sugar, and teaspoonful baking powder. Mix into stiff paste, with yolk of egg and a little milk. Divide into balls, hollow each and insert a little raspberry jam. Close up, and dip in white of egg. Flatten a little, and bake in sharp oven. They will crack and show jam through.

Rice Buns.

2 oz. Flour, 2 oz. Castor Sugar, $\frac{1}{2}$ teaspoonful Baking Powder, $\frac{1}{4}$ lb. Rice Flour, 2 oz. Butter, 2 Eggs, Vanilla Essence, or Rind of 1 Lemon.

Cream the sugar and butter, add $\frac{1}{2}$ the flour and 1 egg, then the remainder of the flour, egg, essence, and baking powder. Fill greased

patty pans two-thirds full with the mixture. Place in good oven, and bake for 15 minutes. Sufficient for 12 buns.

Rice Cakes.

1 cupful cold boiled Rice, 1 pint Flour, teaspoonful Salt, 2 beaten Eggs, Milk to make a rather thick batter.

Beat well, and bake on girdle. Or add a tablespoonful melted butter or lard, make the batter a little thinner with milk, and bake in a hot oven in patty pans.

Rock Cakes.

1 lb. Flour, 6 oz. Butter, $\frac{1}{4}$ lb. Sugar, 1 oz. of Candied Peel (cut thin), 2 teaspoonfuls of Borwick's Baking Powder, 2 Eggs, $\frac{1}{4}$ lb. Currants and Sultana Raisins mixed.

Put a dessertspoonful of milk amongst the beat-up eggs. Then stir in with other things, which will only just damp them. Have a large tin dish buttered. Place on tin in 12 little heaps, as rough looking as possible. Bake in quick oven.

Sly Cakes.

1 lb. Flour, 8 oz. Butter, 8 oz. Currants, 2 oz. Sugar, 6 drops Essence of Lemon.

Mix flour and sugar, make into smooth paste with water, but not very wet. Roll three times, and spread in butter as for pastry. Roll very thin, and cut in round or square cakes; spread $\frac{1}{2}$ inch thick with currants or jam, press another on top, and bake in quick oven.

Small Seed Cakes.

$\frac{1}{2}$ lb. Flour, 3 oz. Dripping, 2 tablespoonfuls moist Sugar, 1 do. Caraway Seeds, 1 teaspoonful Baking Powder, 2 Eggs.

Rub dripping into flour till like bread crumbs, add baking powder, sugar, and seeds. Drop in unbeaten eggs and a very little milk, and mix to a stiff paste. Place on buttered tin, forming balls quickly with spoon.

Spice Cakes.

4 oz. Butter, 4 oz. Sugar, 6 oz. Flour, large teaspoonful Ground Ginger, $\frac{1}{2}$ teaspoonful Mixed Spice, 1 tablespoonful Treacle, 1 do. Sweet Milk, $\frac{1}{2}$ teaspoonful Baking Powder, 2 Eggs.

Rub butter, sugar, flour, and spice together; add milk, treacle, and switched eggs. Place $\frac{1}{2}$ of a blanched almond in bottom of each tin. Moderate oven, small tins.

Spice Nuts.

1 lb. Flour, $\frac{1}{4}$ lb. Butter, 7 oz. Sugar, 10 oz. Syrup, 1 Egg, 1 teaspoonful each of Baking Soda, Mixed Spice, Ginger, and 2 teaspoonfuls of Cinnamon.

Knead all together until the dough is very firm. It may require a little more flour. Roll out very thin. Then cut with a biscuit cutter the size wished. Bake in a rather quick oven about 10 minutes.

Sponge Cakes.

3 oz. Butter, 3 oz. Sugar, 3 oz. Flour, 3 oz. Corn Flour, 2 Eggs, 2 teaspoonfuls Baking Powder, Vanilla Essence.

Beat butter and sugar to a cream, sift in flour, add yolks, stir well. Add whites, and lastly baking powder. Bake in quick oven about 10 minutes in buttered tins, floured slightly.

Tantallon Biscuits.

2 oz. each of flour, rice flour, sugar, and butter, 1 tablespoonful baking powder, flavouring, and 1 egg.

Tunbridge Cakes.

Rub 6 oz. butter quite fino in 1 lb. flour. Then mix 6 oz. sugar, beat 2 eggs and make with above into a paste. Roll it out very thin and cut into small rounds. Prick with a fork and cover with carraways, or brush with white of egg, and dust white sugar over.

Victoria Buns.

1 Egg and its weight in Flour, 2 oz. pounded Loaf Sugar, $1\frac{1}{2}$ oz. Ground Rice, 2 oz. Butter, $1\frac{1}{2}$ oz. Currants, a few thin slices of Peel.

Whisk the egg, stir in the sugar, and beat well. Beat the butter to a cream, stir in the ground rice, currants, and peel; and after adding the egg stir in a little flour; but do not make these very stiff. Bake in small patty tins for about $\frac{1}{2}$ hour.

CAKES.

Have all in readiness before proceeding, tins buttered, flour sifted, &c. If raisins and currants are rolled in flour before they are used in cakes, and then added at the last, they will not sink to the bottom.

Almond Cake.

6 Eggs, their weight in Castor Sugar and Butter, and the weight of 3 Eggs in Flour and Ground Almonds, Essence of Almonds, to taste.

Cream butter, add sugar, then the eggs well whisked together. Next the almonds, flour, and essence. Pour into two well-greased 2 lb. tins, and bake in a moderately quick oven.

Almond Icing.

6 oz. Icing Sugar, $\frac{1}{4}$ lb. crushed Almonds, a few drops Almond Essence, and about 1 white of Egg.

Mix well with spoon. Turn out on board and work perfectly smooth, using a little sugar instead of flour to prevent sticking.

Almond Paste.

1 lb. Ground Almonds, 1 lb. Castor Sugar, 1 tablespoonful Orange Flower Water, 8 or 9 drops Essence Almonds, 2 Eggs, and an extra White.

Mix almonds and sugar, add the water and essence, then beat the eggs and knead them into the almonds, spread on top of cake, and smooth with a clean knife.

Almond Dust.

This is made by pounding any quantity of blanched sweet almonds, which have been thoroughly browned in a moderate oven. Use for garnishing cakes and sweet dishes.

Bachelor Cake.

$1\frac{1}{2}$ lb. Flour, 6 oz. Butter or Lard, 1 lb. Sugar, $\frac{1}{4}$ lb. Raisins (stoned), 1 lb. Currants, $\frac{1}{4}$ lb. Almonds, 2 oz. Caraway Seeds, $1\frac{1}{4}$ oz. Orange Peel, 2 oz. Citron Peel, 2 oz. Cinnamon, 2 oz. Allspice, $\frac{1}{2}$ oz. Ginger, 2 teaspoonfuls Carbonate of Soda, 1 teaspoonful Salt, mix with Butter-milk.

Rub flour and butter together, slice almonds. Cut peel thin, wash currants thoroughly, and dry them. Then mix all dry ingredients together. Mix all with butter-milk, but not too soft. Beat for 20 minutes; put into greased tin and bake in moderate oven for $2\frac{1}{2}$ hours.

Banana Cake.

$\frac{1}{2}$ breakfastcupful Butter, $\frac{1}{2}$ cupful Milk, 1 cupful Sugar, $1\frac{1}{2}$ cupfuls Flour, 2 Eggs, $2\frac{1}{2}$ level teaspoonfuls Baking Powder.

Cream butter, add sugar gradually, then beaten yolks of eggs; add flour (sifted) with baking powder added, alternately, with milk, and lastly stiff whites. Bake in two cakes. Put banana filling between and cover top with confectioner's sugar mixed to a smooth paste with a tablespoon lemon juice and water.

Banana Filling for Cake (1).

Take off skin and coarse threads and press banana through sieve to fill a cup. Add 1 cup sugar, juice and rind of a lemon and the unbeaten white of 1 egg. Beat with a perforated wooden spoon till solid to the bottom of bowl. It will take about 20 minutes. Use between the two cakes and on top of cake. Put on top with a pastry bag and tube, or pile in little rocky heaps, and decorate with little candied cherries. (This mixture may be served in glasses or as a filling for Charlotte Russe.)

OR,

Banana Filling (2).

Cook together cup of banana pulp (bananas peeled, and put through sieve), and juice of $\frac{1}{2}$ a lemon or orange, $\frac{1}{2}$ cup sugar and tablespoon butter. When thick and cold, spread on cake, or heat the ingredients in a double boiler and then stir in an egg beaten with a tablespoon sugar. Cook and stir till thick. Then cool and use as above.

Rich Birthday Cake.

$\frac{1}{4}$ lb. Castor Sugar, $\frac{1}{4}$ lb. Butter, $\frac{3}{4}$ lb. Flour, $\frac{1}{4}$ lb. Fruit, 1 teaspoonful Baking Powder, 2 oz. crushed Almonds, 3 Eggs.

Add sugar and almonds to butter; add yolks (unbeaten) and flour (one yolk and a little flour each time). Beat well, add baking powder and fruit, and lastly whites. When baked take almond paste. Thump it into size of cake and press it round into shape with a slightly wetted knife. Leave for a few hours or till next day. Place cake on a plate, bottom side up, whisk off all crumbs with brush or towel, and spread royal icing over almond paste and round sides. Then smooth with knife slightly wetted. Take forcing bag with icing sugar, put on rose pipe, gather up bag, and squeeze out small roses all round edge of cake. Then unscrew rose pipe, put in plain one, and after emptying bag of white sugar put in red (coloured with cochineal) and do the writing part. Put aside for a little to set. Instead of ornamenting sides, you may now carefully lift cake off plate on to paper full of dessicated cocoa-nut or large crystallised sugar, and throwing it up over sides, ornament it thus.

Boston Tea Cake.

1 breakfastcupful Milk, 2 do. Flour, 1 do. Sugar, 1 Egg, Butter (size of walnut), 2 teaspoonfuls Cream of Tartar, 1 do. Carbonate of Soda.

Beat well, and bake in buttered tin 20 minutes. Cut up, and put jam between slices, or bake in small patty pans.

Bride's Cakes.

6 Eggs, $\frac{1}{4}$ lb. Currants, a few Raisins, $\frac{1}{2}$ lb. Butter, $\frac{1}{2}$ lb. Sugar, 6 oz. Peel, 1 lb. Flour, 1 teaspoonful Baking Powder.

Broda Cake (rich Simnel Cake).

1 lb. Butter beaten to a cream, 1 lb. Icing Sugar mixed with it, 1 lb. Ground Almonds, 1 lb. Semolina mixed with 1 lb. Flour, yolks of 7 Eggs and whites of 5, 1 lb. Preserved Ginger, free from syrup, 1½ teaspoonfuls Almond Essence, and 1 flat teaspoonful Baking Powder.

Add sugar and almonds to butter, add yolks one at a time, without beating, and a little semolina alternately; add ginger, baking powder, and essence, then whites. When baked, cut through carefully; spread almond paste between, and sandwich the two layers of cake; ice the top.

Brown Cake (1).

1 lb. Flour, 1 lb. Sultanas, ½ lb. Currants, ½ lb. Butter, ½ lb. Sugar, 3 Eggs, 2 teaspoonfuls each of Cinnamon and Ground Ginger and Bi-carbonate of Soda, a little Jamaica Pepper, Mixed Spice and Caraway Seeds.

Mix dry ingredients together. Melt butter and mix well with butter-milk. Bake in moderate oven.

Brown Cake (2).

2 lb. Flour, 1 lb. Castor Sugar, ½ lb. Butter, 6 Eggs, 1 lb. Sultanas, ½ lb. mixed Peel, 2 Nutmegs, 1 oz. Ground Ginger, 1 oz. Cinnamon, 1½ teaspoonfuls Soda, and a little Milk.

Cherry Cake (1).

½ lb. Flour, ½ lb. Butter, ½ lb. Sugar, ¼ lb. Cherries, ¼ lb. Candied Peel, ¼ lb. Sultanas, 3 Eggs, 1 teaspoonful Baking Powder, 2 tablespoonfuls Water.

Beat sugar and butter to a cream, add eggs dropped in whole; add the fruit, baking powder, and flour, and, last, the water. Line a cake tin with paper, pour all in, and bake in a hot oven with plate on top for 1½ hours, allowing cake to remain in for another ½ hour.

Cherry Cake (2).

4 oz. Butter, 4 oz. Castor Sugar, 3 Eggs, grated rind of ½ Lemon, 4 oz. Candied Cherries, 8 oz. Flour, ½ teaspoonful Baking Powder.

Beat butter and sugar to a cream, add the eggs well beaten, also the flour and lemon rind; beat 10 minutes, add cherries and baking powder, pour into a mould lined with buttered paper, and bake in a slow oven for 2 hours.

NOTE.—The mixture should be sufficiently stiff to prevent the cherries sinking to the bottom in baking. If eggs not enough, add a little milk.

Chocolate Cake.

½ lb. Flour, ½ lb. Butter, ½ lb. Sultana Raisins, 6 oz. Chocolate, 6 oz. Sugar, ½ teaspoonful Milk, 3 Eggs, ½ teaspoonful Vanilla, ½ do. Cinnamon, 1 good do. Baking Powder.

Grate chocolate and dissolve in milk over fire till melted: do not boil hard. Beat butter and sugar together, then add chocolate and milk. Beat eggs well, and then add flour, half of which might be cornflour, then seasonings and fruit. Put into well buttered and floured cake pan, and bake for about an hour.

Iced Christmas Cake.

11 oz. Butter, 11 oz. Flour, 1 lb. Currants, 1 lb. Valencia Raisins, ½ lb. Sweet Almonds, ½ lb. Candied Peel, 1 doz. Eggs, 1 lb. Ground Almonds, 1 lb. 10 oz. Castor Sugar, 1 lb. Icing Sugar, 1 Lemon, a little Orange Flower Water, a few drops Essence Almonds and Cochineal, ½ oz. Mixed Spice, ½ teacupful Milk.

Above ingredients are for the whole cake and icings.

FOR CAKE.

11 oz. Butter, 11 oz. Flour, 10 oz. Castor Sugar, 1 lb. Currants, 1 lb. Raisins, $\frac{1}{2}$ lb. Sweet Almonds, 4 oz. Candied Peel, $\frac{1}{2}$ teacupful Milk, 6 or 7 Eggs, $\frac{1}{2}$ oz. Mixed Spice.

Beat butter to a cream, add sugar, and beat well together, then add the eggs, well-beaten, gradually, and work them well into it. Blanche and chop the almonds, stone and chop raisins, chop peel, and add all these to the butter, with flour, spices, and milk. Mix well, turn into a greased tin lined with buttered paper, and bake in moderate oven from $3\frac{1}{2}$ to 4 hours. Spread almond paste over top of cake, then royal icing. (See these recipes.)

Cocoa-Nut Cake.

$\frac{3}{4}$ lb. Flour, $\frac{1}{4}$ lb. grated Cocoa-nut, 6 oz. each Butter and powdered Sugar, $\frac{1}{2}$ teacupful new Milk, 1 tablespoonful Bird's Concentrated Egg Powder.

Grate the white of the cocoa-nut, and mix it with the flour, sugar, and egg powder. After softening the butter, and lightly rubbing it into the other ingredients, moisten the whole with the milk, slightly warmed, and bake in a moderately quick oven in well buttered cake tin.

Cocoa-Nut Sandwich.

6 oz. powdered Sugar, 2 oz. Butter, 2 teacupfuls Flour, 3 Eggs, 2 teaspoonfuls Baking Powder.

Put butter and flour in one basin, put yolks and sugar in another, and whites on plate. Rub butter among flour till fine, beat yolks and sugar till creamy, whip whites to stiff froth. Then add to yolks and sugar $\frac{1}{2}$ cupful sweet milk, whites of eggs, and flour. Have ready two round tins, greased and papered. Put half in each, and bake to nice brown. Turn out and take off paper. Mix $\frac{1}{2}$ lb. dessicated cocoa-nut, the whites of 2 eggs whipped to stiff froth. Spread over bottom side of one eake. Put on top of other eake, and return to mouth of very slow oven to dry with door open. Ice top of cake same as other icing.

Cornflour Cake.

$\frac{1}{4}$ lb. Cornflour, 1 tablespoonful Flour, 2 oz. Castor Sugar, 2 oz. Butter, 1 teaspoonful Baking Powder, 2 Eggs, or 1 Egg and a little Milk.

Beat the butter and sugar to a cream with a wooden spoon, then beat the eggs and add them with the flour and cornflour by degrees, beating well, and adding the baking powder at the last. Pour the mixture into a greased eake tin (do not let it be more than half full), put it immediately into a hot oven, and bake about $\frac{1}{2}$ hour. If liked, the mixture can be baked in small patty pans, and will then take only from 10 to 15 minutes to bake.

Cream Cake.

3 oz. Butter, 3 oz. Sugar, 1 Egg, $1\frac{1}{2}$ teacupfuls Milk, and 1 teaspoonful Cinnamon.

Rub the butter and sugar to a cream, then add the egg and milk. Put 2 teaspoons baking powder with $\frac{1}{2}$ lb. flour and knead it to a stiff dough. If this seems too soft, take a little more, as flour varies in strength and some takes more moisture in baking. Roll the dough into a round eake, half cut through the centre with a smaller cutter. Bake for 20 minutes. When cooked, fill the centre with whipped cream, and ice the top of cake.

Cumberland Cake.

Prepare some nice dough for pastry, and spread it over an old kitchen plate (which has been first well buttered); then fill the hollow

of the plate with well-washed currants till it is quite level; then sprinkle the currants over with pounded sugar, and put three or four little pieces of butter (about the size of a nut); then cover the whole plate in with a thin layer of pastry, and bake it in the oven. Spread a little white of egg on the top, and sprinkle castor sugar over. Serve it hot, cutting the slices on the plate on which it has been baked.

Delicious Cake for Tea and Dessert.

$\frac{1}{2}$ lb. Flour, $\frac{1}{2}$ lb. Fine Sugar, $\frac{1}{2}$ lb. Butter, Whites of 2 Eggs, Yolk of 1 Egg, $\frac{1}{2}$ teaspoonful Baking Powder, 1 teaspoonful Cinnamon, Jam.

Mix baking powder with flour. Rub in butter till like fine bread crumbs, add sugar and cinnamon; make into stiff paste with yolk of egg. Roll out to size of a dinner plate. Place on the buttered plate and bake to a light brown. When cool, spread with jam. Beat whites stiff, adding sugar and essence to taste, and put roughly over the jam. Return to a slow oven to harden. The yolk of the egg should take up all the mixture, and it should be kneaded till quite smooth.

Feather Cake.

Weight of 3 Eggs in Butter, 4 in Flour, and 2 in Sugar, Essence of Almonds or Lemon.

Add yolks first, then whites. Bake in rather quick oven.

Fig Cake.

6 oz. Flour, $2\frac{1}{2}$ oz. Butter, $2\frac{1}{2}$ oz. Castor Sugar, pinch Salt.

Rub together. Add $\frac{1}{2}$ teaspoonful baking powder, and 6 oz. figs stewed in a very little water and cut up small. Bake in a quick oven $\frac{3}{4}$ hour and spread butter icing over.

Genoa Cake.

9 oz. Colman's Self-Raising Flour, 5 oz. Butter, 5 oz. Castor Sugar, 2 oz. each of Glacé Cherries, mixed Peel, Ground Almonds, and Currants, 1 oz. Sultanas, 4 Eggs, grated Rind of a Lemon, and a little Milk.

Beat together butter and sugar; beat up eggs in separate basin. Mix in eggs and flour alternately with the butter and sugar, half of cherries, and grated lemon rind. Have currants and sultanas picked and clean. Mix well together, adding currants last. Pour into tin (a large square sandwich tin is best), and bake in moderate oven for 1 hour.

German Cake.

$\frac{1}{2}$ lb. Flour, $\frac{1}{2}$ lb. Butter, $\frac{1}{2}$ lb. Sugar, 1 Egg, 1 teaspoonful Baking Powder, $\frac{1}{4}$ teaspoonful Essence of Lemon.

Mix dry materials with butter; put in egg (switched) and a little milk if required. Butter a plate, put on half, and spread jam over it; put on other half, and pinch the edges. Bake about $\frac{1}{2}$ hour in slow oven.

Gingerbread (1).

1 lb. dry Flour, 3 oz. Butter, 3 oz. Sugar, $\frac{1}{2}$ oz. Ground Ginger, a small teaspoonful Baking Soda, 1 Egg, 1 teacupful Treacle.

Mix treacle with warm milk; put into a well buttered tin, and bake directly for $\frac{3}{4}$ hour. When done, let it cool a few minutes, and, where there is not a sieve, let it lean, to allow the steam to escape.

NOTES.—(1) A cake containing treacle does not require a very hot oven, as it is liable to burn. (2) Half white flour and half whole-meal makes gingerbread very wholesome.

Gingerbread (2).

1 lb. Treacle, 1½ lb. Flour, ½ lb. Butter, ¼ lb. Brown Sugar, 1 oz. Ground Ginger, ½ oz. Ground Allspice, 1 teaspoonful Bi-carbonate of Soda, 3 Eggs, ½ pint Milk (warm).

Put the flour into a basin with the sugar, ginger, and spice; mix them together. Warm the butter, and add it with the treacle to the other ingredients; stir well. Dissolve the soda in the warm milk, and mix it; then add the eggs (well beaten). Pour all into a shallow, well-buttered tin, and bake 1 hour or longer. Just before it is done brush the top over with the yolk of an egg, mixed with a little milk.

Gingerbread (3).

1 lb. Flour, 4 oz. Butter, 4 oz. Peel and Currants, 3 oz. Ground Sugar, ½ oz. Spice, 2 Eggs, ½ lb. Treacle.

Mix all together, and moisten with butter-milk. Bake in moderate oven for nearly 1 hour.

Gingerbread (4).

2 lb. Flour, ½ lb. Butter, ½ lb. Sugar, ½ lb. Sultana Raisins, ¼ oz. Peel, ¼ lb. Almonds, 6 oz. Syrup, 6 oz. Treacle, 1 oz. Ground Ginger, 1 oz. Ground Cinnamon, ½ teaspoonful black Pepper, same of Jamaica Pepper, 1 oz. Bi-carbonate of Soda, 3 Eggs, and as much milk as makes into a light dough.

Mix all together and bake in a slow oven for 2 or 2½ hours.

Parkin Gingerbread (5).

2½ lb. Flour, ¼ lb. Rice Flour, 1 good handful Oatmeal, 3 teaspoonfuls each of Baking Soda, Ground Ginger, and Allspice, ½ lb. Brown Sugar, 1 lb. Salt Butter, ½ lb. Syrup, ½ lb. Treacle, 3 Eggs.

Melt syrup, treacle, and butter in oven. Mix all dry ingredients together. Switch each egg separately. Fire in a moderate oven and watch carefully.

Gold and Silver Cakes.

(To be made together, one using yolks of eggs, and the other the whites.)
 ½ lb. Sugar, ½ lb. Flour, ¼ lb. Butter, yolks of 5 Eggs (well beaten), the grated rind of an Orange soaked in juice of a Lemon, ½ teaspoonful Carbonate of Soda dissolved in ½ gill Water, a little Essence of Lemon.

Beat butter to cream, add sugar, then flour, then yolks. Beat for 5 minutes, add soda, and lastly strained juice of lemon. Bake about ¾ hour.

Silver Cake.

½ lb. Sugar, ¼ lb. Butter, 6 oz. Flour, whites of 5 Eggs, ½ teaspoonful Essence of Almonds.

Proceed as in former, adding whites last. Bake directly.

Icing (1).

6 oz. Icing Sugar, 1½ tablespoonfuls Orange Juice.

Roll the sugar, and pass it through a sieve; put the juice into a pan; add the sugar. Stir it over a fire until lukewarm, then pour over the cake.

Icing (2).

Whites of 2 Eggs, 1 lb. Sugar, juice of ½ Lemon.

Chopped pistachio nuts over, or ounce of dried cherries for decoration.

Butter Icing.

½ lb. Icing Sugar, ¼ lb. Butter, 1 dessertspoonful Rose Flower Water.

Rub butter and sugar to smooth paste. Colour as you please, and lay on top of cake. Have some almonds in oven. Press them over icing and into the cake. Dip knife in hot water to keep icing smooth.

Chocolate Icing.

Put in saucépan 2 oz. loaf sugar, with squeeze of lemon juice, and a very little water. When dissolved stir in $\frac{1}{4}$ lb. chocolate. Work with back of spoon till mixture is quite smooth and glossy; cool.

OR,

6 oz. icing sugar, 1 dessertspoonful cocoa essence, small teaspoonful vanilla, and about 1 tablespoonful water. (The exact quantity of water depends on kind of sugar.) Stir over stove till warm, not hot. Pour over cake, spread with knife, and sprinkle cocoa-nut over.

Ratafia Icing.

Whites of 4 eggs to $\frac{1}{2}$ lb. Icing Sugar and $\frac{1}{4}$ lb. ground Almonds.

Whip eggs to stiff froth; add teaspoonful essence almonds. May either make cake or icing. If for icing, paper cake, spread, and just brown in moderate oven. Add more white of egg if for macaroons, and sweeten to taste.

Royal Icing for Cake.

1 lb. icing sugar, whisk up white of 3 eggs to a stiff froth, then beat eggs and sugar together by degrees, add juice of a small lemon, keep beating and adding sugar till the mixture does not drop from a spoon. When it is stiff spread a layer on the cake, let it set (about a day), then add another and smooth with muslin, then decorate with fruits or coloured icing.

Water Icing.

$\frac{1}{2}$ lb. Icing Sugar, 1 dessertspoonful Orange Flower Water, one tablespoonful hot water.

Mix with wooden spoon. Spread on cake with knife dipped in hot water. Sprinkle pink sugar over.

One tablespoonful coffee instead of water makes coffee icing.

Jam Sandwich.

Weight of egg in flour and sugar. Break egg into basin with a tablespoonful of milk. Add flour and sugar. Just before putting in oven add $\frac{1}{2}$ teaspoonful baking powder and any flavouring liked. Butter a flat tin, pour in mixture, and bake till ready. Mix two eakes separately. When cold, spread jam between.

Jelly Cake.

2 Eggs, $\frac{1}{2}$ cupful Sugar, $1\frac{1}{2}$ tablespoonfuls Butter, 3 tablespoonfuls Milk, 1 full cupful Flour.

Beat butter and sugar to a cream. Add yolks of eggs, milk, then $1\frac{1}{2}$ teaspoonfuls baking powder, and whites last.

Jelly Sandwich.

Take the yolks of 2 eggs, beat up. Add 1 teacupful of eastor sugar, add gradually the whites of the eggs, well beaten, and a teacupful of flour, and a teaspoonful of baking powder, as well as a few drops of essence of lemon. Put in a shallow baking tin thinly, and bake in a hot oven. May be either cut into squares or rolled.

Johnny Cake.

2 breakfastcupfuls Flour, 1 teacupful Sugar, 2 teaspoonfuls Baking Powder, 1 Egg, piece of Butter size of a Walnut, 1 teacupful any fruit liked, such as Sultanas, or Currants, or Peel, or preserved Ginger, or grated Cocoa-nut, and 1 cupful Milk.

Put flour, sugar, and baking powder in basin. Mix well, rub in butter, add fruit, then egg (well beaten), and milk. Pour into greased tin, and bake about 1 hour.

Lunch Cake.

6 oz. Butter, 6 oz. Sugar, 4 Eggs, 1 lb. Flour, $\frac{1}{4}$ oz. Baking Soda, $\frac{1}{4}$ oz. Cream of Tartar, $\frac{3}{4}$ lb. Currants, $\frac{1}{4}$ lb. Peel, $\frac{1}{2}$ pint Butter-milk.

Madeira Cake.

$\frac{1}{4}$ lb. Flour, 1 teaspoonful Baking Powder, $2\frac{1}{2}$ oz. Butter, $2\frac{1}{2}$ oz. Sugar, 2 Eggs. Cream butter and sugar. Then add flour, in which powder is mixed, lastly eggs, and a few drops essence of lemon. Bake $1\frac{1}{2}$ hours

Orange Cake (1).

4 oz. Flour, 2 teaspoonfuls Baking Powder, juice of 2 Oranges, grated rind of 1 Orange, 6 oz. Sugar, yolks of 4 and whites of 2 Eggs.

Cream sugar and eggs together for 10 minutes, add the juice of the oranges and grated rind. Stir in flour lightly, then add powder. Pour into a well greased tin, cover with greased paper, and bake for $\frac{1}{2}$ hour in a brisk oven. Do not open door of oven till baked.

Orange Cake (2).

2 Eggs, their weight in Butter, Sugar, Flour, 1 small teaspoonful of Baking Powder, the grated rind of Orange.

Beat the butter to a cream; add the sugar, and beat well; then add the beaten eggs gradually. Grate the rind of the orange, and add it to the dried and sifted flour. Mix the baking powder with it, and then stir lightly into the eggs and sugar. Pour into a greased sandwich tin, and bake for 20 to 30 minutes. Allow to cool, then ice.

Plain Cake.

1 lb. Flour, $\frac{1}{4}$ lb. Currants or some Caraway Seeds, $\frac{1}{4}$ lb. Sugar, $\frac{1}{4}$ lb. Dripping, a good-sized teaspoonful Baking Powder, flavouring of Spice, Salt.

Put a little salt and the powder with the flour, then work in the dripping; add the currants and the sugar, and make a fairly soft dough with water or milk. Grease a tin, put in the cake, and set in oven at once. Bake till skewer comes out dry.

Plum Cake (1).

1 lb. Sugar, 1 lb. Butter, 12 Eggs, $1\frac{1}{2}$ lb. Flour, $1\frac{1}{2}$ lb. Currants, $\frac{1}{2}$ lb. Orange Peel.

Cream the sugar and butter for 20 minutes; add 2 eggs, and beat for some time, and so on until the 12 are added. Have the flour, currants, and peel mixed in a basin (peel cut very small), and mix all with the cream. Bake 3 hours in a slow oven.

Plum Cake (2).

$1\frac{1}{2}$ lb. Flour, 1 lb. Currants, $\frac{1}{2}$ lb. Sultanas, $1\frac{1}{4}$ lb. Sugar, $1\frac{1}{4}$ lb. Butter, $\frac{1}{4}$ lb. Candied Peel, 6 oz. Almonds, 7 Eggs, $1\frac{1}{2}$ teaspoonfuls Baking Powder, $\frac{1}{2}$ pint Milk.

Beat the butter to a cream; add the sugar; beat until it drops from the spoon; add the eggs very gradually; then add the currants and sultanas cleaned, candied peel chopped finely, and almonds pounded. Then add the flour and baking powder (mixed) and the milk alternately. Pour into greased tin lined with paper, and bake in a rather slow oven till a skewer thrust in comes out clean and dry.

Rice Cake (1).

$\frac{1}{2}$ lb. Butter, $\frac{1}{2}$ lb. Sugar, 6 Eggs, 10 oz. Flour, 2 oz. Ground Rice, a few drops Essence of Bitter Almonds.

Rice Cake (2).

Mix $\frac{1}{2}$ lb. rice flour with $\frac{1}{2}$ lb. loaf sugar, and put this to 6 well-beaten eggs. Season with a little ratafia or orange flower water, and a drop or two essence of lemon and some finely grated rind of lemon. Beat the whole 20 minutes, and bake in quick oven.

Rose Cake.

$\frac{1}{2}$ lb. Flour, $\frac{1}{2}$ lb. Sugar, $\frac{1}{2}$ lb. Butter, 8 Eggs, 1 teaspoonful Baking Powder, $\frac{1}{2}$ lb. Citron Peel, some crystallised Rose Leaves, 1 dessertspoonful Rose Flower Water.

Rub butter in flour. Beat yolks and sugar till white and creamy. Whip whites to stiff froth; add yolks and sugar to flour and butter. Mix well; add whites, mix again. Add fruit and baking powder and flavouring. Put into well-greased tin. Place in rose leaves along with mixture and bake in good oven.

Rosina Cake.

1 lb. Sugar, 1 lb. Sultanas, $\frac{1}{2}$ lb. Rice Flour, $\frac{1}{2}$ lb. Flour, 6 oz. Butter, 4 Eggs, 1 teaspoonful Baking Powder, 1 oz. Ginger, Cinnamon, and Cloves, Nutmeg to taste.

Melt the sugar and butter in $\frac{1}{2}$ pint boiling milk. Mix the other ingredients, and stir in gradually. Beat up eggs well, and mix in last. Bake with buttered paper in tins, and leave in tins till almost cold.

Sandwich Cake.

Fill three tins—one with mixture as it is, one pale pink (cchineal added), one chocolate (add 2 oz. grated, Cadbury's or Fry's.)

5 Eggs, $\frac{1}{2}$ lb. fine Sugar, $\frac{1}{2}$ weight Eggs in Flour—5 oz. (an ordinary egg weighs 2 oz.—take 5 oz. for this).

Put eggs and sugar in basin and beat with whisk for $\frac{1}{2}$ hour. Must have mixture thick. Whether it takes 10 minutes or $\frac{1}{2}$ hour depends on vigour of whisking. Now stir in flour. Add flavouring. Grease tins well and roll a little flour round. This helps them to turn out. Stir in very lightly. Always a success if very quickly cooked—8 minutes; even 5. If longer than $\frac{1}{2}$ hour, never nice. Only fill $\frac{3}{4}$ full, as mixture rises much.

FILLING FOR CAKE.

$\frac{1}{2}$ lb. Icing Sugar (sent through sieve), 1 white of Egg, 2 oz. dessicated Cocoa-nut, colour a very pale pink—2 or 3 drops Cochineal.

Beat sugar and white of egg well with a little lemon juice, which helps colour and takes away sickening taste of so much sugar. Spread over one cake. Place other on top. Spread more icing over, and place third cake over. Ice top. Add dessicated cocoa-nut, or coloured pink sugar, and sprinkle cocoa-nut over. Keep back a little sugar to sprinkle over.

Scotch Currant Bun.

Take 1 $\frac{1}{2}$ breakfastcupfuls of flour; rub into it $\frac{1}{4}$ lb. butter or dripping and $\frac{1}{2}$ teaspoonful baking powder. Mix it to a firm paste with water; roll it out into a thin sheet. Grease the inside of a cake pan, and line it neatly with the paste, reserving a piece the size of the pan for the top of the bun. Now put together in a large basin 1 lb. flour, $\frac{1}{2}$ lb. sugar, 2 lb. large blue raisins (stoned), 2 lb. currants (well washed, dried and picked), $\frac{1}{4}$ lb. orange peel, $\frac{1}{4}$ lb. almonds, $\frac{1}{2}$ oz. ginger, $\frac{1}{2}$ oz. powdered cinnamon, $\frac{1}{2}$ oz. Jamaica pepper, $\frac{1}{2}$ teaspoonful black pepper, 1 small teaspoonful carbonate of soda, 1 teaspoonful cream of tartar, and 1 breakfastcupful of milk to moisten it, or just as much as will merely moisten it all. Mix thoroughly together with the hands, and put the mixture into the lined tin. Make it flat on the top, wet the edges round, and put on the lid of paste. Prick it all over with a fork, brush it with a little egg, and put in oven for 3 hours. This makes a large, rich bun, at very little expense. The sooner made before Christmas the better, as it improves with keeping.

Seed Cake.

Put 1 lb. of flour into a bowl. Beat 6 oz. of butter to a cream. Add to the butter 3 eggs, well beaten, and $\frac{1}{2}$ lb. of sifted sugar. Mix a teaspoonful of baking powder with the flour, and also 1 oz. of seeds. Then put in butter, eggs, and sugar, and beat for 5 minutes, and bake.

Plain Seed Cake (2).

2 lbs. Dry Flour, 4 teaspoonfuls Borwick's Baking Powder, $\frac{1}{2}$ teaspoonful Salt, $\frac{3}{4}$ lb. Moist Sugar, 6 oz. Beef or Mutton Dripping, 1 oz. Carraway Seeds, $\frac{1}{4}$ lb. Candied Peel, about 1 pint Water, or Milk and Water.

Put flour, baking powder, and salt in bowl and mix well. Flake the dripping and rub in well with the hand. Make a hole in middle of the flour and pour in $\frac{3}{4}$ of the water or milk and water, or it may be water with an egg beaten in it. Stir well with a knife, and, if required, add the remaining $\frac{1}{4}$ pint water. Mixture should not be stiff, but rather wet. Beat it up well with the knife and pour into greased tin. Place for first hour in a rather slow oven, then let it bake quickly for $\frac{3}{4}$ or 1 hour longer. Be careful it does not burn. Only half fill the tin, as the cake rises much.

Seed Loaf.

Get the loaf of dough from baker. Put it before fire with towel over for, say, $\frac{1}{2}$ hour, till it has half risen, then put on board and spread over it 1 lb. butter. Sprinkle over 1 lb. soft sugar and $\frac{1}{2}$ lb. carraway seeds. Work into dough well, adding nearly $1\frac{1}{2}$ lb. flour. Place in buttered tin. Let it stand before fire till it rises to the top of tin (1 hour). Bake about $1\frac{1}{2}$ hours in moderate oven. May add peel and sultanas if liked.

Dough may be made at home by thoroughly mixing each lb. of flour with a heaped teaspoonful of Yeatman's yeast powder and a little salt, pouring on gradually $\frac{1}{2}$ pint cold water or milk, and making dough into usual consistence very quickly.

Shortbread (1).

1 $\frac{1}{2}$ oz. Flour, put through a sieve, 1 oz. Ground Rice, 1 oz. Rice Flour, $\frac{1}{2}$ lb. Salt Butter, $\frac{1}{4}$ lb. Sifted Sugar. (This will make 2 cakes.)

Put sugar and butter into a basin. Knead with the hand until it is the consistency of putty. Mix the dry ingredients, and gradually work into the butter and sugar, handful by handful, keeping the lump firm. Cut it in two, take one piece, and knead with the knuckles of right hand, while you keep it in shape with the left. Roll slightly and about $\frac{1}{2}$ inch thick, pinch the edges, and fork the cake over. To prevent the cakes breaking, work them on cooking paper, when they can be very gently placed in the oven (which must be hot) until a nice brown colour.

Shortbread (2).

Take 1 lb. of butter ($\frac{1}{2}$ lb. of salt and $\frac{1}{2}$ lb. fresh) and cream it with the hand on board. Then add $1\frac{3}{4}$ lb. of flour, 4 oz. of rice flour, $\frac{1}{2}$ lb. of castor sugar, and work all together into a smooth dough. Divide into number of cakes required, pinch round edges with forefinger and thumb, and prick on top. Ornament on top with few pieces of orange peel and carraway seeds. Paper a tin, and put cakes on it, and bake in moderate oven for 20 minutes.

Shortbread as made in Forfarshire (3).

Take 2 lb. of butter; soften it a little; 3 lb. of flour, $\frac{1}{2}$ lb. of castor sugar, and 6 oz. of rice flour. Mix the dry ingredients well together, and work the butter thoroughly into them. This shortbread is lightest if pressed into an oiled and floured shortbread mould and turned out, but may be rolled out and cut. Bake in a moderately hot oven till a pale brown.

Simnel Cake.

$\frac{1}{2}$ lb. Butter, $\frac{1}{2}$ lb. Castor Sugar, 2 oz. Rice Flour, 7 oz. Flour, 4 Eggs, $\frac{1}{2}$ lb. Currants.

Mix rice flour with sugar, beat eggs and cream with the butter. Add all the other ingredients. Mix. Pour a layer of mixture into buttered cake tin, then a layer of almond icing, and so on. Bake in a moderate oven, and when nearly cooked through, take it out and cover with a layer of almond icing, an inch thick. Mark like a chess-board with a knife, and brush with egg or milk. Replace in oven till quite cooked.

Snow Cake (1).

$\frac{1}{2}$ lb. Potato Flour, 1 tablespoonful plain Flour, 1 tablespoonful Milk, 2 Eggs, $\frac{1}{2}$ teaspoonful Baking Powder, a few drops Essence of Lemon, $\frac{1}{2}$ lb. Butter, $\frac{1}{2}$ lb. Sugar.

Beat the butter to a cream. Bake 1 hour and 10 minutes in a slow oven.

Snow Cake (2).

4 oz. Arrowroot or Cornflour, 4 oz. Butter, 2 oz. Rice Flour, 4 oz. Sifted Sugar, 2 oz. Flour, 3 whites of Eggs, few drops of Essence of Lemon.

Beat the butter to a cream; stir in the sugar, arrowroot, and flour gradually; at the same time beating the mixture. Whisk the whites of the eggs to a stiff froth, add them to the other ingredients, and beat well for 25 minutes. Put in flavouring, pour the cake into a buttered tin, and bake in a moderate oven from 1 hour to $1\frac{1}{2}$ hours.

Soda Cake.

$\frac{1}{2}$ lb. Flour, $\frac{1}{2}$ lb. Raisins, $\frac{1}{2}$ lb. Currants, $\frac{1}{2}$ lb. Brown Sugar, 2 Eggs, $\frac{1}{4}$ lb. Orange Peel, 1 teacupful Milk, 2 oz. Butter, 1 teaspoonful Soda, 1 do. Ground Ginger, 1 do. Ground Cinnamon, $\frac{1}{2}$ Nutmeg grated.

Mix dry ingredients, warm butter a little, add beaten eggs to butter, then milk, then add to mixture in basin. Bake at least 1 hour.

Soda Cake (2).

1 lb. Flour, $\frac{1}{2}$ lb. Dripping, $\frac{1}{2}$ lb. Moist Sugar, $\frac{1}{2}$ lb. Currants, 2 oz. Candied Peel, $\frac{1}{2}$ pint Milk, 1 teaspoonful Carbonate of Soda.

Mix dry ingredients together. Place the dripping in a basin a little way from the fire, and when it gets rather soft, beat it up with a fork till it is like cream. Mix a good teaspoonful of soda in 2 tablespoonfuls of the milk. Lay this aside till you mix with a knife the flour, &c., with the dripping and the milk. Then pour in the milk and soda. Beat well till thoroughly mixed. Place in greased cake-tin, leaving plenty room to rise. Bake slowly for $\frac{1}{2}$ hour, then in a hotter part of oven for $\frac{1}{2}$ hour or 1 hour.

Sponge Cake (1).

6 Eggs, $\frac{2}{3}$ lb. Flour, 1 lb. Sugar, teacupful Cold Water.

Simmer sugar and water while you break eggs one by one into basin, beating each separately. Add simmering sugar and beat till cold (10 minutes). Sift in flour and put immediately into moderate oven. Don't open oven door till cooked (1 hour).

Sponge Cake (2).

3 Eggs, 4 tablespoonfuls Flour, 4 tablespoonfuls Castor Sugar, about as much Carbonate of Soda as would cover a threepenny piece.

Beat the eggs and sugar with a whisk for 20 minutes; then put in flour and soda, and mix all together as quickly as possible. Put into a tin previously lined with buttered paper, and sprinkled with sugar. Put into a good oven at once.

Sponge Cake (3).

To $\frac{1}{2}$ lb. flour well dried put 7 eggs, leaving out 3 whites; beat them well, yolks and whites separately. Dissolve $\frac{3}{4}$ lb. of loaf sugar, well rubbed on the peel of a lemon, in $\frac{1}{2}$ gill of water; put it into a saucepan; let it remain on the fire until it boils gently, then pour it boiling on the eggs, whisking them all the time. Beat them together $\frac{1}{2}$ hour; then add flour as lightly as possible, put it immediately into mould, and bake 1 hour in quick oven. Mould must only be half filled, and prepared by being well buttered, then carefully dusted all over, first with flour, and then with finely powdered sugar.

Sponge Cake (4).

1 lb. Flour, 1 lb. Sugar, $\frac{1}{2}$ lb. Butter, 5 Eggs, 1 teacupful Sweet Milk, 2 teaspoonfuls Baking Powder, and 1 teaspoonful Essence of Lemon.

Beat the butter to a cream; add sugar, switch eggs well, and put among milk; mix with butter and sugar. Rub baking powder among flour, and stirring; add essence of lemon. Put in papered tin, and bake in moderate oven.

Sultana Cake.

$\frac{4}{3}$ lb. Flour, $\frac{1}{2}$ lb. Butter, $\frac{1}{2}$ lb. Sugar, 5 Eggs, $\frac{1}{4}$ lb. Sultanas, $\frac{1}{4}$ lb. Candied Peel, 2 teaspoonfuls Baking Powder.

Rub butter into flour; add sugar, sultanas, peel, and baking powder. Break one egg and drop it in, and beat up; and then another, and so on, adding a little milk if necessary. Bake in moderate oven.

OR,

$\frac{2}{3}$ lb. Flour, $\frac{1}{4}$ lb. Butter, $\frac{1}{4}$ lb. Sugar, $\frac{1}{4}$ lb. Sultanas, 1 oz. Candied Peel, 2 Eggs, 1 teaspoonful Baking Powder, $\frac{1}{2}$ gill Milk, 1 Lemon.

Rub butter in flour, add sugar, powder, and raisins, and grated rind of lemon and eat peel. Put milk in basin, add yolks. Stir into basin and mix well with other ingredients. Whip whites stiffly, and stir in lightly. Bake $1\frac{1}{4}$ hours or so. Turn out of tin and stand on side or on sieve to cool.

Victoria Sandwiches (1).

3 oz. Butter, 3 oz. Sugar, 6 oz. Flour, 3 Eggs, teaspoonful Baking Powder,

Cream butter and sugar, add flour and egg alternately till all used. Beat mixture till smooth; just before putting in flat tin, add teaspoonful baking powder, and mix thoroughly. Grease and paper tin; bake in good oven 5 to 7 minutes, turn out from tin to cool. Cut in half, turn on sugared paper; spread jelly or soft jam on one, and lay the other over. For icing:—

4 tablespoonfuls Icing Sugar, juice $\frac{1}{2}$ Lemon, tablespoonful Hot Water. Work till quite smooth, spread on cake with knife dipped in water. Dry, then with knife dipped in hot water cut into shapes.

Victoria Sandwiches (2).

1 teacupful of Sugar (Castor), 1 teacupful of Flour, 2 teaspoonfuls of Baking Powder, pinch of Salt, 2 Eggs.

Mix the flour, sugar, baking powder, and salt together, break in the eggs, well beat up. Then turn into a well-buttered tin. Bake in rather a quick oven 10 to 15 minutes. Turn out on a sugared board, spread jam quickly, roll up.

OR,

3 oz. butter, 3 oz. sugar, 3 oz. flour, no baking powder. Whip whites separately and add last.

Violet Cake.

Same recipe as Rose Cake, using crystallised violets instead of rose leaves. (See page 169.)

Walnut Cake.

½ lb. Flour, 4 oz. Sugar, 4 oz. Butter, 4 Whites of Egg, 4 Shelled Walnuts, $\frac{1}{2}$ teaspoonful Vanilla.

Cream butter, and sugar. Add flour, walnuts (skinned and chopped), then whites. Bake 45 minutes.

Walnut Icing.

1 cupful sifted sugar and white of 1 egg stiffly whipped. Then add 1 cupful chopped walnuts.

White Cake.

1 teacupful of Butter, 2 do. of Sugar, 3 do. of Flour, 1 do. Sweet Milk, 3 Eggs, 1 teaspoonful of Baking Powder, 1 do. Essence of Lemon, $\frac{1}{4}$ lb. Orange Peel.

Cream butter, and sugar, add fruit; mix baking powder and flour; add a little flour and 1 egg, until all eggs and flour are used. Add flavouring and milk, beat well, and bake.

Icing for White Cake.

2 whites of Eggs, 6 oz. Icing Sugar, 6 oz. Ground Almonds, a little Essence.

Mix all together and spread on cake, and let it harden well before cutting.

Yorkshire Cake.

Whites of 2 Eggs, 2 oz. each of Flour, Butter, Ground Rice and Sugar, 1 teaspoonful Baking Powder, and a very little Milk.

Mix butter and flour with the rice and sugar, add baking powder, and just enough milk to moisten. Mix well. Spread on two buttered plates and bake for 10 minutes. Then spread jam over one, place other on top, and sprinkle with sugar. A layer cake is made in this way, with about six layers of cake and jam or jelly between, and icing sprinkled with halved walnuts on top.

INVALID COOKERY.

Beef tea must never boil. It is the juice of the meat that contains the nourishment. The juice is much the same as the white of an egg, and contains albumen. Every one knows if the white of an egg is boiled hard it becomes indigestible. So is juice for beef tea. If one is strong and well it is all right, but when sick, the stomach is not able nor strong enough to digest it. Salt is added to loosen the fibre, and so help the juices of the meat to leak out into the water. The meat is finely shred, so that the juices may more easily leak out. Cold water must be added; hot water would coagulate the albuminous parts of the meat, and prevent juices getting out. Any fat on beef tea must be removed with kitchen paper. "The secret of success in making beef tea is not to cook it too fast."

Beef Juice.

Broil a thick piece of steak 3 minutes. Squeeze all juice out with a lemon squeezer into a cup. Salt very lightly, and give like beef tea.

Beef Tea (cheap).

2 lb. Hough, or Shin of Beef.

Take out the bone, remove the fat, and cut the meat into pieces about an inch square. Put these into a basin or jar, with a slight seasoning of pepper and salt, and a sprig or two of green parsley. Add $\frac{1}{2}$ pint of cold water, cover closely, and put into a quick oven. May be put in about 6 or 7 in the evening, when there is a good fire, and allowed to remain all night. When cold in the morning, take off any fat, and remove the meat. You need not strain the liquor, some of which may be just warmed up, not boiled, as required for use. The quantity of water will depend on the condition of the patient. If very weak, and only able to take a teaspoonful or so at a time, a half pint will be quite sufficient; if the tea is to be taken as a strengthening draught by a convalescent, twice that quantity, or even more, may be used.

Beef Tea (slowly made).

1 lb. lean Beef (freshly killed meat from top of the round), 1 pint Cold Water, small pinch Salt, if allowed.

Cut beef in thin strips, and shred with knife on board. Put in jar with salt and water, stir well with fork; stand for 2 hours, stirring occasionally to draw out all albumen. Place buttered paper over, to prevent steam condensing and adding to its bulk, and stand in pan of boiling water half-way up jar. Simmer $2\frac{1}{2}$ hours; give final stir when taken out, and strain through coarse strainer, pressing out beef tea with fork.

ANOTHER GOOD RECIPE.

Take some very lean beef, cut it into small pieces, removing any fat, and put into a stone jar, more than covering it with water. Allow this to stand 12 hours; next put it into the oven to stew slowly for 3 hours, or in saucepan with water, and steam 3 hours.

Beef Tea (Diabetic).

$\frac{1}{2}$ lb. Beef Steak, $\frac{1}{2}$ pint Water, 1 teaspoonful Plasmon, pinch of Salt.

Shred beef finely and place in the water to which the salt and Plasmon have been added, and let it stand about 1 hour; then put into a pan and cook gently for 20 minutes. Do not let it boil, and stir well while cooking. Beef tea jelly may be made in the same way, using 1 gill water and 1 teaspoonful Plasmon.

Beef Tea and Eggs.

Beat the whites of eggs to a light froth, and add to it gradually a teacupful of beef tea or chicken broth, which must be hot, but not boiling.

Beef Tea with Oatmeal.

2 tablespoonfuls of Scott's Midlothian Oatflour, 2 tablespoonfuls Water.

Mix them smoothly together; add a pint of good beef tea just brought to boiling point. Then boil them together for 5 minutes, stirring it all the time, and strain through a hair sieve.

Convalescent Beef Tea.

$\frac{1}{2}$ lb. lean juicy Beef, a small piece Carrot, small piece Turnip, a thin slice of sealed Onion, a blade of Mace, sprig of Herbs, tiny sprig Marjoram, Parsley, pinch of Salt and Pepper.

Prepare beef as usual; well wash vegetables. Put into jar, and cook as ordinary beef tea. When ready, strain and serve.

Hasty Beef Tea.

$\frac{1}{2}$ lb. lean Beef to $\frac{1}{2}$ pint Cold Water, and pinch of Salt.

Remove all fat and skin, shred beef, and mix with water. Put in small pan and stir well over rather cool part of fire with spoon or fork against the sides of pan. Do this constantly about $\frac{1}{2}$ hour, or 15 minutes at least.

Raw Beef Tea (for fever).

$\frac{1}{2}$ lb. Lean Beef, $\frac{1}{2}$ pint Cold Water, tiny pinch Salt, and tiny drop Lemon Juice.

Stir well together and stand 2 hours, stirring occasionally. Give in coloured glass to disguise colour; the lemon juice helps the process. For infantile wasting, and when child is very weak and sinking, raw beef juice has saved many lives. Cut beef into small squares, and pound well till you see a creamy-looking juice. Give either as it is, or warm by setting in a basin of boiling water. Give in teaspoonfuls to very young infants. For older children the pounded meat may be given in sort of sandwiches.

Beef Essence.

1 lb. Rump Steak, pinch of Salt.

Shred the meat as before (removing all fat, skin, &c.). Put it into a jar with salt; well cover it down, and place it in a pan with hot water three parts up jar. Let it cook slowly 4 hours, lifting the lid and stirring it occasionally. Then press it through a sieve. 1 gill from 1 lb. for extreme cases of illness. Give in teaspoonfuls.

Beef Tea Pudding.

1 gill of Beef Tea, 2 tablespoonfuls of Bread Crumbs, 1 Egg, about $\frac{1}{2}$ oz. of Butter.

Soak the bread crumbs in the beef tea for about 10 minutes, beat them well with a fork, add the egg, previously well beaten. Grease a small basin with the butter, pour in the mixture, cover with buttered paper, put the basin into a pan of boiling water, the water coming half

way up the basin, and steam thus for 20 minutes. Another strengthening way of serving beef tea is in a

Savoury Custard.

2 yolks of Eggs, 1 White of Egg, 1 gill of Beef Tea, a piece of Butter or fresh Dripping the size of a thimble, a small pinch of Salt.

Whisk the two yolks and the white of egg well together in a basin, stir in the cold beef tea and salt. Grease slightly a cup or small jelly can, put the mixture in, and cover with a slightly greased paper. Place this in a pan of boiling water, the water coming half way up the cup. Steam thus for about 20 minutes, taking care not to shake the jar, which would curdle the egg. The water must boil slowly, to prevent the custard from becoming honeycombed. Instead of steaming beef tea pudding and savoury custard, they may be baked in a slow oven for about 15 minutes.

Bran Tea or Soup.

Wash 4 handfuls bran and boil in 2 quarts water $1\frac{1}{2}$ hours slowly. Strain and put liquid in clean pan with 3 good-sized tomatoes cut up. Boil together for $\frac{1}{2}$ hour and strain again. Take a teacupful as a restorative in the forenoon.

Bran Jelly.

1 breakfastcupful Bran, 2 dr. Water.

Place in a covered jar in a slow oven 4 or 5 hours. Press through sieve, add sugar and lemon juice to taste, and stand overnight to jelly. A delicious and valuable nerve and brain food.

Chicken Broth.

Take a fowl, the younger the better, and, after disjointing it, place it in a stew-pan with a quart of water, and a very little salt, and boil 2 hours. Cool and skim.

Chicken Panada.

Take breast of chicken pounded smooth in mortar or bowl. Add teacupful bread crumbs soaked in warm milk or in chicken broth. Mix well, add a little salt, and, if allowed, a pinch of mace. Serve in cup with spoon.

Chicken Puree.

Joint the chicken, and stew gently with a very little salt till tender, in sufficient water to form jelly when chicken is cooked. Take the white meat and pound well in a mortar, or in bowl, with a wooden spoon. Pour strained liquor over, then set in wetted mould. Given in teaspoonfuls in cases of extreme weakness, it is wonderfully efficacious.

Chicken or Fowl Extract, same way. - Invaluable for weak stomachs and where considerable nutriment is required in a concentrated form. A single tablespoonful will afford as much sustenance as a $\frac{1}{4}$ pint of broth.

Cream Chicken.

The breast of a Fowl, Salt, Pepper, small teacupful of Cream.

Pound the raw chicken in a mortar or bowl, then rub through wire sieve. Put it into a small basin with a little salt and pepper, beat it up with a fork for 6 or 8 minutes, adding the cream very gradually until it is quite light. Wet a small mould (or cup), and put it in, cover with a piece of paper, and poach in boiling water for 20 minutes.

Chops or Steaks.

Sprinkle with a little salt, lay between 2 buttered plates, and place the plates over a pan of boiling water and boil gently for 30 minutes. Serve at once.

Convalescent Soup.

Take 3 pints Water, 1 Nap Bone, 1 oz. Butter, 1 sprig Parsley, 1 sprig Thyme, 1 piece Sage, $\frac{1}{2}$ lb. Veal, small piece Carrot and Turnip, 1 pinch Celery Seed, 3 Cloves and 1 Bay Leaf, 1 blade Mace, $\frac{1}{2}$ oz. Isinglass, $\frac{1}{2}$ lb. Mutton (lean), 1 small Onion (scalded), 24 Peppercorns, 1 dessertspoonful Salt, $\frac{1}{2}$ oz. Vermicelli.

Melt butter in a pan. Put bone at bottom, then the meat cut in small pieces an inch square. Sprinkle over the isinglass and vermicelli. Put the vegetables, &c., in a piece of muslin, and add to the pan. Pour over the water. Put the lid on pan when it boils, and skim thoroughly. Simmer for 6 hours. Strain and cool. Remove fat with a spoon dipped in hot water. Serve either cold as a jelly, or hot with a small piece of toast.

Invalid Jelly.

$\frac{1}{2}$ lb. each of Veal, Mutton, and the best Steak, 2 tablespoonfuls Water.

Cut meat into small pieces and put into a close jar with the water and pinch of salt. Steam 6 hours. Strain and put into small pots.

Invalid Soup.

$\frac{1}{2}$ pint beef tea put in pan with $\frac{1}{2}$ oz. tapioca. Stir over fire till it comes to boil, then occasionally, till tapioca swells and is cooked. Flavour with salt and pepper. Cool a little and stir in yolk of egg. Simmer only very slowly till egg is sufficiently cooked. Serve with sippets of toast—only 1 teacupful at a time. Stir always before using, to get strength of soup.

Invalid Mock Turtle Soup.

1 oz. Calf's Foot, 2 oz. Ham, 1 Clove, small piece Turnip and Carrot, 1 quart Cold Water, Salt.

Foot must be scalded.

Lentil and Barley Cream.

Make stock of equal parts of barley and lentils and a few celery seeds to flavour. Add a small teacup plasmon sauce. Heat up and serve.

Mushroom Tea.

Wash and stew for $\frac{1}{2}$ hour 4 oz. mushrooms in a breakfastcup water. Strain. Dissolve a teaspoon plasmon in a little water, and add to the liquid with seasoning. Boil up 3 minutes. Serve with toast.

Button Broth or Chicken Broth.

(Made in same way.)

Put the meat into a lined pan with water, salt, and barley. Boil gently 4 hours. Remove scum on top, and strain through hair sieve, ladling it out by degrees to get solid matter through the sieve.

Quadruple Soup.

1 lb. Beef, 1 lb. Mutton, 1 lb. Veal, 1 Ox Foot.

Put on with 4 pints of cold water and simmer (not boil) for 8 or 9 hours, until the liquor is reduced to 3 pints. Remove solids and strain liquor into jars (3 two-lb. jars). When cold and firm, about an inch of

fat will remain on top of each jar ; this must not be taken off. When the soup is required, put aside the fat, and put some of the jelly into a pan, and allow it just to come to the boil. Add a pinch of salt and pepper, and it is ready. One jar makes 3 breakfastcupfuls of soup.

Restorative Meat Jelly.

2 or 3 lb. Knuckle of Veal, do. fresh killed Gravy Beef, and 1 Calf's Foot.

Cut meat from bones, chop bones. Lay them in bottom of pan, put meat on top, add as much cold water as will rise 2 or 3 inches above meat. Let the whole simmer gently 4 hours, taking care to remove every particle of scum as it rises in first boiling.

Sole for Invalid (baked).

Have a well-buttered tin. Lay in fillets of sole, sprinkle over with seasoning of salt, white pepper, and a little lemon juice, which helps to whiten fish, and aids digestion. Have 1 gill milk and 1 gill water heated, and when quite hot pour over fillets. Place buttered paper over, and cook 15 or 20 minutes, basting constantly.

Sweet Bread for Invalid.

1 heart Sweetbread, $\frac{1}{2}$ pint White Stock, 2 tablespoonfuls of Cream, 1 yolk of Egg, a squeeze of Lemon Juice, Salt, Pepper.

Wash well, and soak it for 2 hours with a little salt ; put in pan, and boil 5 minutes. Then throw into cold water to blanch. Trim off all fat and skin, cut into nice pieces, and put it into the stock, and bring to boil ; skim carefully, and simmer slowly $1\frac{1}{2}$ hours. When quite tender, add cream and yolk of egg, lemon juice, pepper, and salt. Strain very carefully. Lambs' sweetbreads are considered daintier—must be fresh, won't keep a day.

Never touch a sweetbread with a knife. Trim with fingers or two silver forks—a knife makes them tough.

Tomatoe Cutlets (Diabetic).

$\frac{1}{2}$ lb. Tomatoes, $1\frac{1}{2}$ tablespoonfuls Plasmon, 1 oz. Butter, 1 tablespoonful Cream, 1 Egg, seasoning to taste.

Stew the tomatoes in butter till tender. Rub through sieve. Return pulp to pan and mix in 1 tablespoon Plasmon slowly ; add cream and seasoning. Cook gently till quite thick, but do not boil. Pour on a plate, and when cold shape into cutlets, brush over with egg, and sprinkle with Plasmon. Fry in boiling fat. Serve with brown gravy.

Tripe.

To 1 lb. Tripe, allow 1 tablespoonful of Flour, $\frac{1}{2}$ pint of Milk, a pinch of Salt, and one of Pepper.

Lay the tripe to soak all night in cold water ; next day wash it in warm water with a piece of soda in it the size of a pea, but do not let it soak in this, as the soda will harden the tripe. Place the tripe in plenty of cold water, bring to boiling point ; if the water has not a pleasant smell, pour it away, and place the tripe again in cold water, bring again to boiling point ; repeat this until the tripe and water are quite sweet. Then simmer gently for 5 or 6 hours, till the tripe is thoroughly tender. Mix the flour with the milk, add pepper and salt, and $\frac{1}{2}$ pint of the liquor the tripe has been boiled in, bring to boiling point, and boil for 5 minutes.

Tripe (baked).

To $\frac{1}{2}$ lb. boiled Tripe, allow 4 slices of thin Bread soaked in some of the liquor in which the tripe was boiled, 1 Egg, a small piece of Butter or Dripping, 1 gill of the Liquor.

Grease a pie-dish, lay in it one slice of the bread, then some of the tripe cut in small pieces, another slice of bread, and the remainder of the tripe; cover entirely with the two last slices of bread. Beat the egg well with seasoning of pepper and salt, and pour the gill of liquor over the bread. Break the rest of the dripping of clarified fat into small pieces, place them on the top, and bake for 15 minutes.

Veal Broth.

1 lb. Knuckle Veal, pinch of Salt, $1\frac{1}{2}$ pints Cold Water, 2 oz. Pearl Barley.

Wash the barley well in cold water, put it in a stew-pan with cold water to cover it, place it on the fire, and let it come to the boil. Remove any scum from the top, and strain it—this blanches the barley. Take the meat, remove all fat and skin, and cut into small pieces.

Veal Jelly.

1 lb. lean Veal, 1 breakfastcupful Water, Turnip size of an Egg, pinch Salt.

Slice veal thinly, put in jar with slices turnip cut very thinly, salt, and water. Cover tightly with paper. Steam in jar 4 hours. Strain. Will be a strong jelly and very nourishing

Veal Tea.

1 lb. Veal, 1 large cup Cold Water.

Cut the veal up very small, sprinkle a very little salt over it. Put it into a jar, add the water, cover closely with paper; let it stand for $\frac{1}{2}$ hour. Place the jar in a saucepan of boiling water, and let it boil for 2 hours.

~~Veal, to extract the essence of.~~

Cut 2 lbs. of the lean part of the leg of veal, in small pieces (no fat). Wash in cold water, and put in stone jar just large enough to hold all. Add only 2 tablespoonfuls water. Cover jar closely and place in pan of boiling water to boil on a slow fire for 2 hours, when all the juice or gravy will be extracted, and may be strained off for use.

Vegetables

Cooked in a double pan by steaming, thus preserving all their juices, are much more digestible than cooked in the ordinary way, and "such disease as anaemia, diabetes, and Bright's disease have been treated most successfully, when all other means have failed, by freely administering green food in the form of salads and steamed vegetables."—ALFRED BROADBENT, F.S.S., F.R.H.S. For directions to steam vegetables see page 58.

Whiting, Plaice, or Sole (steamed).

Butter two plates. Lay fillets of fish on one, squeeze a little lemon juice over, add pepper and salt. Set over pan of boiling water, and cover for lid with other plate. Steam from 5 to 15 minutes according to size.

Lamb, veal, or mutton cutlets may be cooked the same way, or portions of chicken. Very light and appetising. Prepare a little delicate sauce to pour round before serving. Veal erroneously considered indigestible—it is one of the first things that can be given to an invalid if properly cooked.

PUDDINGS.

The essential things in these are to have the eggs lightly cooked and the starch sufficiently boiled.

The chief points to make a successful jelly are (1) The jelly must not boil; if it does, the milk curdles. (2) The jelly must be cool before it is moulded, or the gelatine will sink to the bottom of the mould. (3) The yellow peel only must be taken off the lemon; if the white peel is put in the jelly it makes it bitter. Gelatine added or mixed with milk makes it more digestible; the curds become much finer, and thus facilitate digestion.

To prepare the moulds—Glass and china ones should be dipped into cold water; tin moulds should be scalded, then put into cold water.

It is very important to remember that all convalescents, or any whose digestion is feeble, require starchy foods much diluted, therefore for them rice and other milk puddings must be made thinner than for strong people.

Apple Fool.

4 Apples, 1d Sponge Cake, dessertspoonful Sugar, 1 Egg.

Bake apples till soft. Scrape pulp out. Add sugar and cake crumbled up, and one egg beaten. Whisk all together. Stir over fire either hot or cold.

ARROWROOT.

1 dessertspoonful Arrowroot, 1 teaspoonful Sugar, 1 breakfastcupful Water or Milk.

Wet arrowroot with a tablespoonful of the cold water or milk, and add the rest boiling, stirring all the time, when it is ready.

Arrowroot Pudding.

Mix cold milk and arrowroot together—1 oz. to $\frac{1}{2}$ pint milk. Boil together, and when swollen (in one or two minutes) pour into basin; sweeten, and break in the yolks of 1 or 2 eggs. Stir well. Whip whites to stiff froth, and mix in lightly. Pour into greased pie-dish. Bake in oven 4 or 5 minutes till brown. Egg will thus be merely warmed through, and starchy matter thoroughly cooked.

Simple Cheese Pudding.

$\frac{1}{2}$ lb. Grated Cheese, add a pinch of Carbonate of Soda, then 1 full teacupful Bread Crumbs, 1 ditto Milk. Season with Pepper, Salt, and dry Mustard

Beat with two forks, not letting it boil, as it becomes leathery, therefore indigestible.

Baked Custard Pudding.

1 pint Milk, 2 Eggs, $\frac{1}{2}$ oz. Castor Sugar, Flavouring.

Beat the eggs; add to them the milk and sugar and flavouring. Pour the custard into a pie-dish, and bake in a moderate oven for 20 minutes. Sprinkle sugar over, and serve either hot or cold. A

savoury custard can be made by substituting herbs, chopped meat, and pepper and salt, for sugar and flavouring.

Steamed Custard.

1 Egg, $\frac{1}{2}$ breakfastcupful Milk, $\frac{1}{2}$ teaspoonful Sugar.

Switch the egg; put into a large cup, and fill up with milk. Add the sugar. Cover over with buttered paper, and steam quickly for 20 minutes.

Small Farola Pudding.

$\frac{1}{2}$ pint Milk, tablespoonful Farola, tablespoonful Sugar, 2 Eggs, and $\frac{1}{2}$ tablespoonful Vanilla.

Put farola, sugar, and essence in bowl; wet with a little cold milk; stir. Boil remainder of milk, and pour over mixture. Put back in pan, and boil it up. Stir constantly. Separate yolks from whites. Add few drops of milk to yolks, and whip till fluid. Add to mixture. Add pinch of salt to whites, and whip to froth till they can be taken up on whisk. Add to farola mixture, and stir in very gently. Pour in buttered pie-dish. Bake in a moderate oven till brown and well risen.

Hygienic Invalid Pudding.

1 teacupful Granose Flakes, 1 do. Force, $\frac{1}{2}$ teacupful Grape-N, 1 tablespoonful Sugar, $\frac{1}{2}$ tablespoonful Butter, a few Raisins, Milk, Water.

Butter pudding mould and put raisins in bottom. Mix all with milk and water to desired consistency. Melt butter and pour over ingredients. Steam 2 hours.

Invalids' Tart.

1 lb. Apples, Sugar, 2 Eggs, a little nutmeg, 1-1/2 Sponge Cake, 1 teacup Milk.

Stew apples with sugar and nutmeg. Place in pie-dish and smooth over. Slice cake over. Boil milk, stir into it yolks of egg and 1 dessertspoonful sugar. Stir over fire till it thickens. Pour over cake. Beat whites stiffly with a very little sugar. Spread over and place in oven to firm.

Semolina Cream.

1 oz. Semolina, 2 gills Milk, $\frac{1}{2}$ oz. Gelatine, 1 dessertspoonful Sugar, $\frac{1}{2}$ gill Cream, 2 drops Vanilla.

Cook semolina in milk, add gelatine. Don't let it boil, but stir at side of fire till dissolved. Remove from fire. Add sugar and cream. Stir lightly, and flavour. Pour into wetted mould.

Sponge Cake Pudding.

4 oz. Flour, 2 oz. Butter, 2 oz. Sugar, 2 Eggs.

Beat the sugar and butter to a cream. Well beat the eggs and add them, and then the flour. Slightly grease an ashet, and spread a layer of jam on it. Pour the mixture over that, and bake $\frac{1}{2}$ hour in a quick oven.

Vermicelli Pudding.

Boil 1 pint of milk and pour it over a breakfastcupful crushed vermicelli. Steep, closely covered, 12 minutes. Stir in 3 beaten eggs. Steam in mould.

GRUEL, &c.

A starchy farinaceous food must be cooked just the opposite of beef tea. It must be thoroughly well boiled, because the starch in arrowroot, &c., is contained in little cells, which must be burst in the cooking. The stomach can do very little with uncooked starchy food.

Albumenised Egg.

Sometimes a patient cannot take even a lightly-boiled egg, so doctors try this plan, and any one can take it then. Break raw egg into basin of cold water and let it soak there 12 hours. Strain off water very carefully, and poach egg in boiling water with a little salt. It will taste very brittle and melt-in the mouth, because the egg is separated by the action of the water into little pieces. When it has been soaked, the egg will look much smaller and be white and opaque-looking. You must pour water off very gently, or you will pour all away.

Apple Water.

Take Pare a lemon, keeping it yellow rather than touch the white. Take rind and half the juice. Pare 4 or 5 good-sized apples, and slice thinly. Add 1 oz. sugar, and pour over all 1 pint boiling water. Cover with a clean towel, and set a weight on top, and let it stand till cold. A little cream of tartar may be added, if allowed.

Arrowroot or Rice Jelly.

2 heaped teaspoonfuls Rice Flour or Arrowroot, a pinch of Salt, a heaped tablespoonful Sugar, 1 cup Boiling Water.

Mix flour with a little cold water and add to the boiling water. Boil till transparent, and pour into cups. For summer complaints, flavour by boiling a stick of cinnamon in it. For fever patients, add juice of $\frac{1}{2}$ of a lemon.

Artificial Asses' Milk.

Take 4 sheep's trotters and simmer 20 minutes in a pint of milk until reduced to $\frac{1}{2}$ pint; then add $\frac{1}{2}$ oz. refined sugar and a pint of fresh and good cow's milk. Excellent in wasting diseases.

Artificial Goat's Milk.

Chop 1 oz. of suet very fine, tie loosely in a muslin bag, and boil slowly in a quart of new milk for $\frac{1}{2}$ hour. Sweeten with white sugar, or any nice syrup that is palatable. Very good in wasting diseases, and a good substitute for cod-liver oil in many cases.

Baked Flour.

Take 1 lb. of pure wheaten flour, tie up very tightly in a pudding-cloth, place in a saucepan of boiling water, and allow to boil constantly for 4 hours. On removing the cloth at the end of this period a yellowish-white ball is seen. When this is cold, the softer outer coating is cut away, and the hard nucleus which is left is reduced to powder with a fine grater.

Grate as required, allowing 1 tablespoonful wet in cold milk to 1 pint boiling milk. Boil till smooth, add a little salt. Excellent for summer complaints either in adults or children. The beaten white of

an egg may be stirred in if ordered. Useful also in phthisis wasting diseases, and for thin, delicate children.

Barley Water.

Take of Robinson's Patent Barley 1 ounce, mix with $\frac{1}{2}$ gill of cold water into a smooth paste free from lumps. Pour this into a stewpan containing 1 quart of boiling water, stir this over the fire while boiling for 5 minutes; then flavour with a small bit of lemon peel or cinnamon, and sweeten according to taste.

NOTE.—When the Patent Barley is used to make a summer beverage, only $\frac{1}{2}$ ounce must be taken.

Barley Water for Invalids or Nursing Mothers.

Thoroughly wash 2 ounces of barley; put in a clean pot on the fire, with 2 quarts of cold water, and boil it until it is reduced to 1 quart; then strain it, and let it cool; add a little sugar. A slice of lemon, or an apple cut in slices, may be added if liked. This barley can be used for soup, or made into a pudding.

Clear Barley Water.

2 oz. Barley, 1 oz. Sugar, Rind and Juice of 1 Lemon.

Pour over it 1 pint boiling water. Set in same manner as apple water.

Black Currant Drink.

Take 1 good tablespoonful of black currant jam, place it in a jug, pour on $\frac{1}{2}$ pint of boiling water, stir thoroughly, and cover top of jug with a folded cloth. When nearly cold stir again and strain into another jug through a clean gravy strainer or piece of muslin. Red currant jam can be treated in the same manner. Particularly good for sore throat or any form of illness where thirst is great and fruit drinks are allowed.

Black Currant Vinegar.

Fill a large jug nearly full with black currants, then fill up with vinegar, and let this stand 8 or 10 days, each day stirring it well and mashing the currants. At the end of that time strain off the vinegar, and to every pint add $\frac{3}{4}$ lb. loaf sugar. Boil it until quite clear, taking off the scum as it rises. Let it go quite cold, then bottle it and cork it securely. Good for colds and coughs.

Bread and Milk.

$\frac{1}{2}$ pint Sweet Milk, $\frac{1}{4}$ of a round of Bread from a 2 lb. loaf, 2 lumps Sugar.

Cut the bread about $\frac{3}{4}$ in. thick and remove any burnt or blackened crust. Cut it into dice and lay in small basin. Bring milk and sugar to the boil, pour over the bread. Cover basin with a plate for 5 minutes to keep in the steam, but keeping hot (on range top) Stir well and serve. OR,

Soak the bread with boiling water. Strain, and add the boiling sweetened milk.

Breadberry or Toast Water.

1 slice Bread, a large cup of boiling Water.

Toast the bread on both sides till quite dry and a nice brown, but not burnt. Break it, and put it in a jug; pour the boiling water over it, and cover. Let it stand till cold, and strain. Cooling.

Stock for Calf's Foot Jelly.

4 Calf's Feet, 3 pints Water.

Divide and wash feet well and remove all fat, put into pan with the water cold, bring slowly to the boil, and skim well; simmer very slowly 6 hours, strain through wire sieve, allow to stand 12 hours; remove the fat, and it is ready for the jelly. It should be stiff enough to stand; if not, add a little isinglass.

Calf's Foot Jelly.

1 quart Calf's Foot Stock, Rind and Juice of 3 Lemons, 6 oz. Sugar, Whites and Shells 3 Eggs, a little Isinglass if required, 2 inches Cinnamon Stick, 2 Cloves.

Put stock, lemon, cinnamon, cloves, and sugar into pan, beat shells and eggs in 2 tablespoonfuls water, add to pan, and stir occasionally till jelly boils. Let it boil well up till it reaches top of pan, draw to one side, and let it stand 10 minutes. Prepare jelly bag or cheese cloth by pouring through it 1 quart boiling water, then the jelly. If not clear the first time, pour it back gently into the bag till it runs clear. Pour into small moulds or glasses.

After the jelly has been run through the bag, pour in $1\frac{1}{2}$ pints boiling water. Let it run into a jug and stand till cold. It will be a very pleasant drink.

Camomile Tea.

(Good for Sleeplessness.)

1 teaspoonful of the dried flowers to a cup boiling water. Pour water over. Cover and steep by side of fire 10 minutes or so.

Egg Drink.

1 gill hot milk. Put yolk in basin with teaspoonful sugar, and beat. Pour hot milk over. Whip white to stiff froth. Stir egg mixture into tumbler, and stir in white lightly. Serve with toast or biscuit.

Egg Flip.

1 white of Egg, 1 teacupful of Milk, pinch of White Pepper, Sugar.

Put the milk on to boil, beat white of egg pretty stiffly and sprinkle pepper over it. Pour boiling milk over white, stirring vigorously. Add sugar to taste.

Egg Jelly.

1 pint liquid (juice of 2 Lemons made up to a pint with water), 2 Lemons (rind and juice), 6 oz. Loaf Sugar, 2 Eggs, $\frac{1}{2}$ oz. Gelatine.

Put the gelatine in a saucepan, add to it the sugar and lemon peel, strain the juice, and make it up to 1 pint water; add this to the other ingredients; beat the eggs, add them; stir the mixture over a moderate fire until the gelatine is melted; strain, pour into prepared moulds, and when set turn out. The jelly must not be allowed to boil; if it does boil, the albumen of the egg becomes hardened and indigestible.

Egg Snow for Invalids.

1 Egg, 1 tablespoonful Milk, 1 teaspoonful Sugar (or to taste), Orange or Lemon Juice to taste.

Separate the egg, put the yolk into a small basin and the white on a plate, beat the latter to a stiff froth with a knife. Add the sugar, milk, and juice to the yolk, and beat well, then stir the white in very lightly, and serve it in a clean bright tumbler.

This is a very palatable form of taking raw eggs, and the flavouring can be varied by any simple fruit syrup, or the juice pressed from any fresh fruit.

Egg with Tea, Coffee, Cocoa, or Milk.

Break the egg into a teacup, beat with a fork till well mixed. Pour in the tea, coffee, cocoa, or milk, gradually, stirring all the time. This is very nourishing and good in cases of exhaustion from overwork or mental strain.

Tea is of value in the sick-room, if properly prepared, and if not used after 6 o'clock in the evening. It is peculiarly refreshing after a restless night.

Tea must be made with freshly-boiled water, which is just in the act of boiling over. Good tea cannot be made with water that has been standing on the stove and boiling for some time. The teapot must be well heated with boiling water before the tea is put in. Put in immediately a teaspoonful of tea, add about $\frac{1}{2}$ pint of freshly-boiled water, let it stand in a warm place for 3 or 4 minutes, pour off. Do not let it stand on the hob, as tea stewed or boiled is most hurtful. It is very much improved if the milk taken with it is hot, especially if the person to drink it is going on a journey or likely to be subject to great fatigue. Tea made with boiling milk instead of water will be found a most sustaining and delicious beverage.

COFFEE.—To make a quart of coffee take 2 oz. good coffee, $1\frac{1}{2}$ pints water, 1 pint milk, tiny pinch salt, and as much dry mustard as will lie on a shilling. Boil the water. Take hot dry jug (don't rinse), put in coffee, salt, and mustard, and stir with fork. Pour boiling water over and stir well with fork. Stand to clear till you boil milk. Strain and give half boiling milk and half coffee. The mustard gives smooth creaminess; salt draws out flavour.

OR,

2 tablespoonfuls freshly-ground coffee, $\frac{1}{2}$ pint water and $\frac{1}{2}$ pint milk.

Bring water and milk to boiling point, stir in the coffee, allow it to stand covered for 5 or 6 minutes. Pour through strainer into jug.

COCOA.—1 teaspoonful Cadbury's or Fry's cocoa. Put in breakfast cup and pour over $\frac{1}{2}$ cupful boiling water; stir, and fill up cup with milk. Put this back in pan and boil up. Sweeten to taste.

Fruit Salt.

3 oz. Carbonate of Soda, 2 oz. Cream of Tartar, 2 oz. Tartaric Acid, 2 oz. Rochell Salts, 1 oz. Magnesia, $\frac{1}{2}$ lb. Sifted Sugar.

OR,

$\frac{1}{2}$ lb. Pulverized Sugar, $1\frac{1}{2}$ oz. Tartaric Acid, 1 oz. Epsom Salts, 2 oz. Carbonate of Soda, and about 1d of Cream of Tartar.

Mix and pound perfectly smooth. Dose—1 large teaspoonful in glass of water.

Gruel.

Take of Robinson's Patent Groats 1 tablespoonful, mix with $\frac{1}{2}$ gill of cold water, gradually added, into a smooth paste, pour this into a stew-pan containing nearly a pint of boiling water or milk, stir the gruel on the fire (while it boils) for 10 minutes; pour it into a basin, add a pinch of salt and a little butter, or, if more agreeable, some sugar.

NOTE.—When gruel is made for an invalid, butter had best be omitted.

Gruel.

Take 1 tablespoonful oatmeal, $\frac{1}{2}$ pint water, and pinch of salt. Put oatmeal in basin and pour cold water over. Let it soak 20 or 30 minutes. Then with a spoon press all the flour from the oatmeal, and pour into the pan, leaving meal as dry as possible. Keep stirring till it boils. Boil very slowly, with a pinch of salt, for 15 or 20 minutes. You may use milk instead of water to cook it, or half milk and water. If butter is allowed, you may put it in basin, before you pour gruel in ; or if you want sweet gruel, put sugar in before pouring gruel in.

Water gruel or weak tea assists perspiration ; milk and coffee retard it.

Effervescent Gruel.

An old advice, when a person has got a slight cold is—take an oatmeal gruel and go to bed. Some mix into the gruel, after the meal is strained out, a bit of fresh butter and a little sugar. But an effervescent gruel is not well known. When the gruel is prepared in the usual manner, and the meal strained off, sufficient boiling water and milk is added to make the gruel thin enough to drink from a breakfast cup. Then have ready the juice of the lemon, strained. Put in the gruel as much carbonate of soda as will cover a sixpence. Stir in the lemon juice and drink the gruel during effervescence. This will counteract a chill and help to produce sleep.

Invalids' Jelly.

$\frac{1}{4}$ oz. Gelatine, 3 oz. Lump Sugar (or to taste), 1 Egg, $\frac{1}{4}$ pint cold Water, $\frac{1}{4}$ pint Orange Juice or Lemon Juice (to taste).

Soak the gelatine in the water about 20 minutes. Rub the sugar on the oranges or lemons to extract colour and flavour, taking care not to rub to the white pith, or the jelly will be bitter. Put sugar, gelatine, and water into a very clean saucepan, and stir it over a slow heat until quite dissolved. Then add the juice (strained), let it just get hot, remove it from the fire, have the egg ready beaten in a basin, pour the jelly over it gradually, stirring well. Let it cool, stirring a few times to mix it thoroughly with the egg. Pour it into wetted mould.

Koumiss Milk Wine.

1 quart Butter-milk, 2 quarts Sweet Milk, 4 teaspoonfuls Sugar.

Mix the butter-milk and sweet milk together, add the sugar, and stir till melted. Let it stand near the kitchen fire for 12 hours, covered with a cloth. Then bottle ; as it is an effervescent drink, the corks must be tied down, and the bottles kept on their sides. When the koumiss is opened, it should be used right off.

Irish Moss Pudding for Invalid.

Get from chemist a packet of Irish moss. Soak a small quantity for $\frac{1}{2}$ hour in tepid water, pour off, and remove any little black pieces of weed. Then put into a double pan with milk, and cook slowly for fully two hours. Strain, mix with cream, sugar, and flavouring, Vanilla or Cinnamon, then bring to boil stirring, then pour into a small wet cup or mould, and turn out when cool and firm. Give a spoonful or two at a time. Will keep for a week in cold weather. May be boiled in water alone and flavoured with lemon juice, or taken warm or cold and solid. Good in chest or throat troubles.

Lemonade.

(One of the best beverages for Invalids, in pneumonia most suitable.)
1 Lemon, 1½ oz. Lump Sugar, ½ pint Cold Water.

Roll lemon to soften it. Take off thin outside rind containing essential oil, which gives flavour, but no bitter pith. Put in a small bowl, and add juice. Pour over water, and add sugar. Stand a few hours, then water may be added to make a quart. Never use boiling water—it gives a different taste altogether. If you wish it to be effervescent, add pinch carbonate of soda. Smooth it down with teaspoonful cold water, and pour lemonade over.

Linseed or Flaxseed Jelly, for a Cough.

1 lb. Linseed, 1 large Lemon, ¼ lb. Raisins, ½ lb. Sugar.

Boil the linseed in 2 quarts of water, then let it simmer for 3 hours; strain, return to the pot with raisins and pulp of lemon, and simmer (without boiling) 1 hour; strain again, and add the sugar. Take a teaspoonful (two or three times a day). This is very good.

Linseed Tea.

Put into a saucepan 1 tablespoonful of whole linseed, pour on it 2 breakfastcupfuls of water, and boil from 25 to 35 minutes. Strain it and sweeten with honey or sugar, and add the juice of a lemon.

Milk Jelly (1).

½ pint Milk, ¼ oz. Gelatine, Rind of ½ Lemon, 1 oz. Loaf Sugar.

Put the gelatine in the saucepan with the milk, add the sugar, wipe the lemon with a damp cloth, take the yellow peel off very thinly, add it to the other ingredients. Stir the jelly over very moderate heat until the gelatine is melted, strain the jelly into a basin, and stir it occasionally until it is cool; pour into prepared moulds, and put in a cool place to set. To dish up, dip the moulds quickly in and out of hot water, and turn the jellies on a dish.

Milk Jelly (2).

Cover ¾ packet of gelatine with cold water until soft, then pour over it ½ pint boiling water, ½ lb. castor sugar. Beat up 3 eggs thoroughly, add 1 pint milk. Mix these well together, and add to the gelatine and sugar. Strain the juice of 3 lemons into it all and stir. Pour it into a mould until set firmly.

Milk Jelly (3).

Soak a 6d packet of gelatine, or, better still, Mackay's extract of calves' feet, in 1 pint sweet milk, overnight, or for 6 hours at least. Bring this to the boil, and stir constantly, as there will be a great tendency to set to the pan. Add a few drops of any essence and 2 oz. sugar. Then pour into mould, and set in cold water till required.

Milk and Suet.

Into ½ pint of fresh milk put a tablespoonful of shredded beef suet; beat it sufficiently to dissolve the suet, then skim and pour into a warm glass, drinking it before it cools.

Or, boil slowly 1 oz. of suet (chopped finely and tied loosely in a muslin bag) in a quart of new milk. The milk may be then drunk.

Or, put ¼ lb. suet in 1 pint milk, and simmer gently, stirring frequently till the milk is as thick as good cream. Strain, and flavour with almonds or lemon, which effectually disguises the taste of the suet.

Nourishing Drink for Invalids.

2 tablespoonfuls Carolina Rice, 1 tablespoonful Muscatel Raisins, pinch of Salt, $1\frac{1}{2}$ pints Water.

Wash the rice and stone the raisins; put all into an enamelled pan, and simmer for 2 hours; strain through a sieve. When required, take $\frac{1}{2}$ teacupful of the rice jelly and same quantity of sweet milk; warm in a pan until the jelly is melted; strain, and serve hot.

A nice pudding can be made with the stewed rice and raisins. Mix in a beaten egg; sweeten to taste; pour into a buttered pudding dish; grate a little nutmeg over the top; bake 10 to 15 minutes.

Oatmeal Cream.

To 1 small teacupful milk stir in a teaspoonful oatmeal, add teaspoonful dissolved Plasmon. Boil 4 minutes. Strain. Flavour with lemon and serve with toast.

Midlothian Oat Flour (Scott's).

2 heaped dessertspoonfuls oat-flour and 2 teacups cold water.

Mix very smoothly the oatflour in a little of the cold water, and stir mixture into the rest of the water in pan just before it reaches boiling point. Stir briskly for 10 minutes, and be sure you have no lumps. Salt to taste, and serve very hot.

Onions

Are a most valuable vegetable, but the acrid oil they contain has such unpleasant effects that many people have to avoid them. If cooked as follows, these effects are reduced to a minimum: Boil for $\frac{1}{4}$ hour, pour the water away, then put into freshly boiling water and cook till tender; with the lid off. They will take much longer if lid is left on.

Onions.

(Supper dish for hoarseness or soreness of chest.)

Peel and wash 8 large onions, and throw into pan of boiling water with 2 oz. salt. Boil 1 hour. Take up with wooden spoon on flat dish. Put inverted pie-dish over, and drain water away. Serve with cold butter, and pepper and salt, or potatoes baked in their skins, or with bread and butter.

Onion Porridge.

(A simple remedy for a Cold.)

3 Spanish Onions, 1 Apple, 3 Cloves, $\frac{1}{2}$ teaspoonful Sugar, $\frac{1}{2}$ do. Salt, $\frac{1}{2}$ teaspoonful Water, a good dash of White Pepper.

Peel onions and put them in a bowl of water along with a piece of washing soda the size of a walnut; this draws out the essential oil which causes onions to disagree with so many people. After steeping for 25 minutes in soda water, wash well in clear water and pare off any green parts, then cut up into small pieces and put into a saucepan with the apple pared, cored, and also cut small; add the water and seasoning, and simmer until onions are quite tender. This is a light supper dish and should be served with "breakfast" biscuits or crisp toast.

Remedy for Exhaustion.

The finest known remedy consists of 2 fresh eggs beaten up in a little warm water and sweetened to taste. In $\frac{1}{2}$ hour the whole of the egg thus taken is turned to nourishment, but if taken in milk the egg becomes curdled, because the caseine curdles the albumen in the egg.

One should be taken in forenoon and the other in the afternoon between meals.

Rice Water.

2 oz. Rice, 2 fine sticks Cinnamon, and 1 pint Cold Water.

Boil till rice is reduced to a pulp, set in jug, shake now and again, cover and stand till cold. Add a little cream of tartar, if liked and allowed. (Good for diarrhoea.)

Sago Milk.

Wash a small oz. of sago. Soak in cold water 2 hours. Bring $\frac{1}{2}$ pint milk to boil. Strain sago. Add it to the milk with a pinch of salt. Stew gently $\frac{1}{2}$ hour. It must be stirred till it boils up after sago is added, and then occasionally. Serve with cream or stewed raisins.

Sandwiches.

Slice some raw beef, serape, and put between bread-and-butter, a little honey being added to take away the taste. Cut in small sandwiches. These are very useful for weakly children, bloodlessness, chest affections, wasting diseases, and during the convalescence of acute fever. The best time for taking them is between meals and during the night.

Suet or Milk Porridge for Invalids.

1 tablespoonful Suet, 2 do. Flour, 1 teacupful Milk, and a little Salt.

Mince the suet very fine. Mix milk and flour till smooth, then put into a pan; add suet and a pinch of salt; boil very gently for 10 minutes, and serve hot. This is very good and nourishing, especially for those who cannot take cod-liver oil.

Syrup Drink.

$\frac{3}{4}$ pint Milk, 2 tablespoonfuls Golden Syrup.

Place 2 tablespoonfuls golden syrup in a small basin. Bring milk to boiling point and pour on the syrup. Stir well, and drink when hot. Capital for a cold. Take it in bed on account of the profuse perspiration it induces.

Wheat Meal Cakes (entire).

(Useful in anaemia, phthisis, and wasting diseases of children.)

Add $\frac{1}{2}$ lb. of fine flour or medium Scotch oatmeal, and sufficient salt and baking powder, to 2 lb. of coarsely-crushed whole wheat meal. Mix well; add 2 oz. of butter, rub it in well, and make the whole into a dough with half skim milk and half water. Bake in a quick oven, and finish thoroughly at a lower temperature.

Cream Whey.

1 pint Skim Milk, 1 dessertspoonful Vinegar, 2 tablespoonfuls Cream, Sugar.

Nearly boil the milk, and vinegar. Let it stand till it curdles. Strain through muslin, and stir in cream and sugar to taste. The whey retains the richness of the milk without the caseine.

Lemon Whey.

1 Lemon, 1 breakfastcupful Milk, 1 breakfastcupful Water, 1 dessertspoonful Sugar.

Put milk and water in pan with juice of lemon. Boil and strain. The whey part is then sweetened with sugar, and drunk very hot. Excellent for a cold, as all wheys are sudorific and cause perspiration.

SICK NURSING.

An India rubber bag may serve as a poultice, if filled with hot water and used with two or three ply of moist flannel between it and the skin.

In changing patient's clothing be sure that the clean articles are not only thoroughly dry, but warm. Never remove a spent poultice till the fresh one is ready to take its place, and be very careful not to expose poulticed part to the air, as the least chill may undo the effects of the treatment.

A Simple Antidote to Poison.

To a child, give instantly the whites of 2 or 3 eggs. To an adult, give the whites of 6. To be drunk at once.

OR,

Stir 1 teaspoonful mustard in a tumblerful of warm water and drink at once. Get medical aid.

For Burns.

Apply linen rags soaked in caron oil, if skin is unbroken ; if it is, apply Pieric ointment.

The white of an egg mixed a little and poured over a burn is also one of the most soothing and healing things that can be applied. It effectually excludes the air, and thus helps to heal, as contact with the air is what causes pain and inflammation.

Substitute for Brandy or Whisky.

Equal parts of Chloric Ether, tincture of Ginger and Sal Volatile.

Keep in a druggist's bottle, well corked. A teaspoonful in a wine-glassful of water is a never-failing remedy in every case when alcohol is deemed necessary—even for heart failure.

Cayenne Cloth.

FOR ANY PAIN.

Teaspoonful Cayenne, $\frac{1}{2}$ pint Water, or $\frac{1}{2}$ Vinegar and Water, or whole Vinegar, according to sensitiveness of skin.

Boil 5 minutes, then infuse by side of fire in jelly can for 3 hours ; strain, and wring cloth out of this. Keep on all night. You never take cold after it, so may go out in morning.

Chalk Mixture.

1d Rhubarb, 1d Magnesia, 1d Cinnamon, 1d Prepared Chalk, 1d Laudanum, $\frac{1}{2}$ lb. Loaf Sugar.

Mix and put in ordinary sized black bottle, fill with water, and shake well before using. Dose for adult—one tablespoonful.

To Check a Cold.

Put 2 tablespoonfuls mustard in hot bath. Cover knees with blanket. After $\frac{1}{4}$ hour rub well. Get to bed quickly, and give hot drink—2 tablespoonfuls raspberry vinegar in tumbler of hot water.

A Cure for a Cold.

Take a good teaspoonful of mustard and mix to a smooth paste with olive oil. Take a piece of flannel, cover it with the paste, lay another bit of flannel on the top, and wear it over chest until the cold is quite away.

Recipes for Colds.

No. 1.

3 large Portugal Onions, $\frac{1}{4}$ lb. Sugar Candy.

Add 1 breakfastful of water; simmer for 3 hours; strain. Let it cool, then add a tablespoonful of white vinegar.

No. 2.

Twopence worth of Linseed, 1 stick best Liquorice, $\frac{1}{4}$ lb. Sugar Candy.

Add 1 quart of water, let it simmer $1\frac{1}{2}$ hours. Strain, cool, add 1 tablespoonful white vinegar.

Raw onions are specially good for breaking up a heavy cold; they are also stimulating to fatigued persons.

A solid red onion eaten at bed-time will, by next morning, break the severest cold. Onions make a good plaster for inflammation and hoarseness.

A Simple Cough Mixture.

A medical journal says that in severe paroxysms of coughing, from whatever cause, a tablespoonful of glycerine in hot milk or cream will give immediate relief.

Good Cough Mixture.

Juice of 1 lemon and 1 oz. glycerine well mixed. Take 1 teaspoonful night and morning.

To Relieve a Tickling Cough.

Mix thoroughly some honey and vinegar. Take in small quantities when cough is troublesome.

Sir W. Gull's Cough Prescription.

$\frac{2}{3}$ Hot Milk, $\frac{1}{2}$ Glycerine.

One teaspoonful every 2 hours.

Cure for Croup.

Give $\frac{1}{2}$ teaspoonful warm olive oil every 10 or 15 minutes internally, and rub chest, windpipe, and between shoulders with same warm oil, laying on both back and chest good pieces of new flannel soaked in oil. Two doses will generally quiet cough for the night and send child to sleep, but severe attack will give way in an hour. Repeat dose whenever child coughs for next day or two. Cure will rapidly become perfect.

Cure for Chilblains.

3 teaspoonfuls sulphurous acid, one do. of glycerine, diluted with the same quantity of water. This, applied with a small brush, will be found to allay irritation.

To Cure Chapped Hands.

Take an equal quantity of pure sweet oil and glycerine. Shake well before using. Be careful to thoroughly dry hands after washing. A piece of mutton suet, melted in the oven, will be found very good for the hands. Pure glycerine without the admixture of oil is not to be recommended.

Cure for Corns.

Soak some young ivy leaves in vinegar for a few hours, then tie one of the leaves on the corn with thread. Change each night and morning, and in a few days the corn can be taken out without any pain. After corn has been taken out, continue the leaves for a day or two, in order to remove any little hardness that may remain.

A piece of lemon bound over a corn, and changed daily for 3 days, will loosen a corn so much that it may easily be removed if the foot is first soaked for a few minutes in warm water.

Deafness induced by Cold, to Cure.

Cleanse the ear out thoroughly by means of a piece of lint or cotton and warm water; afterwards soak a piece of cotton in some glycerine, which insert in the ear. One or two applications will cure.

Onion juice is one of the most effective remedies for earache. Wrap a large onion in heavy wrapping paper, wet it thoroughly, and roast in the coals. When tender, strip off the skin and squeeze out the juice by twisting in a thin cloth. Bottle and save for use. When needed, pour one or two drops in a spoon, warm a little, and drop into the ear. Afterwards put in a bit of warm cotton to exclude the air. It rarely, if ever, fails to effect a speedy cure.

Good Disinfectants.

For travelling, take a 1s box of permanganate of potash. Being dry, there is no chance of spilling, and water to mix it can always be had. It is most useful as a mouth wash or gargle. To make Condy's fluid, 1 oz. to a gallon of water. Camphor is also most valuable. A few lumps packed in one's box prevent unpleasant visitors, all too common in warm climates.

Remedy for Dysentery.

1 egg, 1 teaspoonful sugar. Beat egg and sugar very lightly, and swallow at one gulp if possible. It soothes the inflammation in the stomach and intestines, and forms a transient coating to these organs till gradually the disease is removed. 2, or even 3, eggs a day may be used in this way, and patient kept very quiet, with very light diet other than the egg.

Quick Cure for Earache.

Take a small piece cotton wool, make a depression in centre with the finger, and fill the indentation with as much ground pepper as will rest on a 3d piece. Then gather into a ball, and tie it up. Dip the ball into sweet oil, and insert into ear, covering with cotton wool.

Recipe for Embrocation (1).

Twopennyworth each of spirits of turpentine, camphor, and laudanum. Mix together, and add 1 drop of aconite. Excellent.

Recipe for Embrocation (2).

1 glass Turpentine, 1 glass Vinegar, and yolk of Egg (beaten).

Put in bottle and shake well, then add white of egg (well beaten), and shake again.

An Embrocation for Sprains, Sore Throats, &c.

Take $\frac{1}{2}$ pint of turpentine and 2 raw eggs; put both into a large bottle; cork it, and shake till it becomes a thick cream; then add gradually 1 pint of vinegar and $\frac{1}{2}$ oz. of ammonia; shake all well together, and bottle for use. This mixture will keep for years, and is improved by the addition of a small lump of camphor.

A Fire Extinguisher.

Take ten pounds of salt and five pounds of sal ammoniac and dissolve in four and a half gallons of water. Bottle, and, in case of fire, break one or two bottles and throw the contents upon the burning place.

In Case of Fire.

If your own dress, throw yourself at once on the ground (so that the rising flames may not catch the upper part of your clothes, nor burn your head and chest); roll about (so putting the flames out by pressure); and at the same time, if possible, wrap yourself up closely in a rug, hearth rug, blanket, table cloth, overcoat, or carpet (so as to smother the fire.) Do not get up to call for assistance, but for that purpose crawl to the bell rope or door.

If another person's dress, throw the person on fire down at once, wrap him or her up in a rug or something similar, or, if there is nothing at hand suitable, use your own coat, rolling the patient about in it (for the purpose of smothering the flames). A woman rendering help in this way must exercise great self-possession, and be careful not to get her own clothes entangled in the flames.

Fomentation (1).

For fomenting a knee, foot, or ankle, a good-sized half blanket is necessary. Fold this one way till it is 20 inches broad; lay it out on a table, and sprinkle sparingly boiling water across one end. Roll this end over, and sprinkle the roll; turn over again, and sprinkle again, and so on till the whole is rolled up. Thoroughly knead and twist it, so that all is permeated by the moist heat. (Dr Kirk.)

Fomentation (2).

Take a bowl, place a towel (to be used as a wringer) across it, and put the fomentation flannel in the towel; then pour boiling water over it. Fold over the sides of the towel, with the flannel inside. Take the ends, one in each hand, and wring out the water. Take the fomentation in the towel to the bedside; put it on where required, and cover with jaconette or some waterproof material, and flannel binder.

Fomentation of Camomile Flowers.

2 oz. Camomile Flowers.

Put into a jar with 2 teacupfuls of water; cover jar very close; let it come to the boil, and infuse for 15 minutes, keeping lid close on jar all the time. Strain off the hot liquor; keep it hot; dip pieces of flannel into it, and apply externally to the part affected. Good to allay swelling and inflammation.

Elder flowers and poppy heads same way.

To Keep Ice.

Tie a piece of very coarse flannel over a wide-mouthed jar, making it bag in centre. Put in ice and cover with another piece of flannel folded several times. To break the ice use strong darning needle or stocking wire.

Substitute for Ice.

Soak cloths in equal proportions of milk and methylated spirit. (The coldest lotion one can have.)

Galling in Persons confined to Bed, to Prevent.

The white of an egg, beaten to a strong froth, then drop in gradually whilst you are beating two teaspoonfuls of spirits of wine; put it into a bottle, and apply occasionally with a feather.

Mustard Lotion.

Mix 2 oz. mustard with $\frac{1}{2}$ pint spirits of wine, and 2 drachms of camphor; let it stand 3 days in a bottle carefully corked, then strain it off, and keep closely bottled for use. It is excellent for sprains, rheumatism, etc.

Mustard Plaster.

Take a piece of brown paper the size required, and a piece of muslin the same size. Mix into a paste as much mustard as will be required to cover the paper; spread evenly, cover with muslin, and turn over the edges of the paper about $\frac{1}{2}$ inch; keep the plaster in position with a binder. When removed, wash part gently with soap and water, put on cotton wool, and replace the binder.

Cure for Neuralgia.

$\frac{1}{2}$ pint Coutts' Acetic Acid, 1 tablespoonful common Salt, 1 teaspoonful Cayenne Pepper, and boiling Water to make up to a pint.

Sponge back of neck with warm water, then free the sponge of the water and dip in above mixture and rub all round the back of the neck, up behind the ears, and on the open of head until it smarts. Put a shawl round the head and try to get sleep. If smarting is unbearable, rub warm oil on the place.

Bran Poultice.

Put sufficient bran in hot basin; pour boiling water, by little and little into the bran, and mix and stir it up till it is all a moist mass, but not wet. The great thing is to avoid using more water than bran can easily absorb. Fill flannel bag ready for purpose, and fasten with binder; one or two tablespoonfuls mustard may be added if great power is required, not otherwise.

Bread Poultice.

Take slice of bread without crust—better than little bits—put in basin, and pour boiling water over; cover with plate, and let it stand by fire; strain, break with fork, spread, and apply, with nothing between poultice and skin.

Carrot Poultice.

Most useful for relieving pain, &c.; good for crushed finger or knocked knee—takes pain away in a few minutes; good also for sty. Scrape and grate sufficient of a large, juicy carrot. Heat in dry saucepan till hot enough to bear your finger, and apply, with nothing between poultice and skin.

Charcoal Poultice.

This is useful in case of ulcer, &c. Take $\frac{1}{4}$ lb. linseed meal and 1 oz. powdered charcoal. Mix $\frac{3}{4}$ oz. of charcoal with the meal, and make as for ordinary poultice. After it is spread on linen, shake remainder of charcoal over it, and apply.

Linseed Poultice.

Have ready a board to make poultice on, two basins, a piece of calico rather larger than required, a broad knife, piece of macintosh or oiled silk, to cover, a piece of thin soft muslin, and a flannel binder. Pour thoroughly boiling water into one basin, then into the other. This heats the basin you are going to use. Then pour in sufficient boiling water, say one large breakfastcupful; stir in linseed meal as for porridge, stirring quickly all the time; when stiff enough, spread

on foundation very quickly and evenly with broad knife, wetting knife with hot water from other basin, and putting a few drops over poultice when finished, to prevent it sticking. Lay the muslin over it, turning the edge all round well over the calico to prevent linseed coming out. Have ready the oiled silk, lay the poultice on it, calico side downwards, then double poultice over, covered with the oiled silk. It will keep very hot some minutes. Put on warm platter, and take to bedside; before putting on patient, unroll the poultice, and try the heat with the back of the hand; if bearable, poultice is not too hot. In laying the poultice on, apply the lower edge first. A poultice covered with oiled silk (it must quite cover it) will remain hot quite four hours. The poultice must not be made too thick or dry, or it will be heavy and uncomfortable, and, as in the case of pneumonia with high temperature, will increase the temperature instead of helping to lower it, as a light and wet poultice will do, by means of evaporation; do not pour water on meal, or poultice will be heavy. It is a good thing first to rub with hot olive oil the part of skin where poultice is to be applied; and if part poulticed is tender from frequent poulticing, &c., put layer of flannel between it and skin. If constant poulticing is necessary, have two pieces of oiled silk, as it doubles up and contracts in a very tiresome way. When it does so, place in a basin of tepid or cold water and gently pull straight; then wipe dry and it is ready for future use. If from accident, a patient has to wait some time after poultice is removed before another is ready, cover the part affected with cotton wool or warm flannel.

Mustard Poultice.

Mix half and half mustard and linseed (dry), and sprinkle into the water the same as for a linseed poultice. (3 tablespoonfuls of each will make a good-sized poultice.)

Porridge Poultice.

(Cheaper than linseed, and almost as good.)

Have boiling water in pan, and stir in oatmeal; to be just thick enough to pour out; ready in ten minutes.

Potato Poultice.

Boil 4 or 5 potatoes in their skins till soft, put them in an old white cotton stocking, and crush with the hands to flatten. Apply at once to the throat. Excellent for sore throat, &c.

Buchanan's Prune Paste.

INVALUABLE IN THE HOME.

½ lb. Prunes, ½ lb. Brown Sugar, 1 oz. Senna Powder.

Place prunes with sugar and ½ pint of water in pan. Stew for one hour, watching to maintain the quantity of syrup in pan by adding more water if necessary. Pour syrup into jelly can. Allow to stand until lukewarm; then stir into it the senna powder until it becomes a fine paste.

This forms a most agreeable medicine to the taste, easily carried when travelling, and invaluable in chronic constipation if taken at bed-time, and it is not a purgative. Children all like it. Dose for children, ½ teaspoonful; adults, one teaspoonful.

Ringworm Ointment.

2d Linseed Oil, 3d White Wax, 1d Red Precipitate Powder.
Mix well for 1 hour over a good fire. Will cure after a few applications.

Scalds.

Cover with rags soaked in strong solution of carbonate of soda and water.

For any Sore or Gathering.

1 teaspoonful Calendula, $\frac{1}{2}$ oz. Glycerine, and 6 tablespoonfuls Water.
Apply lotion on linen rag.

To Prevent the Skin from discolouring after a fall.

Take a little dry starch or arrowroot, moisten it with a little cold water and lay on the affected part. This must be done immediately, so as to prevent the action of the air on the skin.

Stings.

If mouth or throat is stung, keep chewing raw onion till doctor comes. It is not necessary to swallow onion, but chew it well to extract the oil, and then put it out. For stings of gnats, apply 1 part carbolic acid and 3 parts vinegar. Next day it will be quite away.

A Good Spring Medicine for Children.

Take $\frac{1}{2}$ oz. Senna leaves, $\frac{1}{2}$ oz. of manna, and pour over it $\frac{1}{2}$ pint of boiling water. Into this put $\frac{1}{2}$ lb. of prunes or figs, and 2 large tablespoonfuls of golden syrup. Stew gently till liquid is nearly absorbed. Pass through a sieve and put into a pot for use. Dose, a teaspoonful when required.

For Nursery Bedrooms.

Keep one or two strong sacks about $3\frac{1}{2}$ feet in depth and $1\frac{1}{2}$ in diameter, held open at top by thick wooden hoop, and having a very long strong rope attached. In case of fire, children may be let down safely.

Rules for a Water Bed.

Only fill half full, and use warm water to prevent chilling patient.

To Restore Voice.

When the voice is lost from the effects of a cold, a simple remedy—Beat up the white of an egg; add to it the juice of a lemon, and sugar to taste. Take a teaspoonful from time to time.

Or, gargle the throat with warm olive oil every four hours (a few times will cure).

For a cough a baked lemon is an excellent remedy. Put it into a moderate oven and let remain till soft. Mix together an equal quantity of honey and the juice of the baked lemon, and take a teaspoonful, which should be lukewarm, whenever the cough is troublesome.

FOR HOARSENESS.—Lemon juice squeezed to soft sugar till like a syrup, and a few drops glycerine added—relieves at once.

Tooth Powder.

1 lb. rough prepared chalk to be put in a large jar. Fill up with cold water; stir well; allow to settle. Pour off the milk into another vessel, and leave it (the milk) to stand a day and night,

when fine chalk will be precipitated. Pour off the water, and sediment at bottom will be the finest tooth powder in the world. Add a few drops of eau-de-cologne if liked.

In order to prevent decay, the teeth should be carefully brushed at least once a day, preferably at night, but, better still, after each meal. There is no better dentifrico than pure soap, and M'Clinton's tooth soap being specially prepared from the ash of plants and a pure vegetable oil, does not leave the objectionable soapy taste in the mouth which all soda soaps do.—Dr Kirk.

A Good and Cheap Mouth Wash.

For preserving the teeth, few things are better than a glass of water, in which $\frac{1}{2}$ teaspoonful of bi-carbonate of soda has been dissolved. Brush the teeth with this solution.

Mouth-Wash.

1d worth Chlorate of Potash, 1d of Borax, 1d of Camphor.

Put in quart bottle and pour boiling water over. The potash cools, the borax cleans, and the camphor gives refreshing perfume. Use 1 tablespoonful to 2 tablespoonfuls of water to brush teeth.

Another Excellent Mouth-Wash.

To a pint of boiling soft water add one ounce of borax, and before it is entirely cold add thirty drops of the spirits of camphor, one drachm of soap-tree bark, and twenty drops of cinnamon essence; bottle and cork tightly for use.

This preserves the teeth and gums, removes the tartar, arrests decay and makes teeth very white.

When used add two or three teaspoonfuls of the liquid to as much tepid water. Apply with a soft brush.

Chlorate of Potash Gargle.

For relaxed sore throat and inflamed tonsils.

Get 2 oz. chlorate of potash from chemist and put in tumbler of cold water. Only a portion will dissolve, but each time, after gargling with the solution, fill up the tumbler with fresh water, until the whole of the potash has been dissolved. Keep tumbler covered with paper.

Hair Wash.

Strong Liquor Ammonia, 1 oz.; Spirit of Rosemary, 3 oz.; Tincture of Cantharides, 1 oz.; Almond Oil, 1 oz.; Lavender Water, 2 oz.

Mix and apply to the roots of the hair with a piece of sponge or a fine brush, when the hair is falling off.

To Promote the Growth of the Hair.

Equal quantities of olive oil and spirit of rosemary; a few drops of oil of nutmeg. Mix ingredients together, rub the roots of the hair every night with a little of this liniment, and the growth of it will very soon sensibly increase.

The following is also recommended for strengthening and promoting the growth of the hair:—Mix cantharides with castor oil in the proportion of one drachm to each ounce of oil, and apply once a day.

JAMS & JELLIES.

Stir jam with wooden spoon. Do not mistake the froth that rises during the earlier part of the operation for scum. The real scum rises when the jam boils, and is very thick, but to skim the jam from the first is unnecessary and wasteful. Let jam boil rapidly—not merely simmer. Store all jam in a cool, dry place; as free from draught, and of as even a temperature as possible. Damp may turn it mouldy, heat make it ferment.

Apple Jam.

(Greening Apples best, as they do not fall.)

To every lb. of Fruit, weighed after being pared, cored, and sliced, allow $\frac{1}{2}$ lb. of Preserving Sugar, the grated Rind of a Lemon, the Juice of $\frac{1}{2}$ Lemon.

Peel the apples, core and slice them very thin, and be particular that they are all the same sort. Put them into a jar, stand this in a saucepan of boiling water, and let the apples stew until tender. Put the apples into a preserving pan, add the sugar, with the grated rind and lemon juice, simmer over the fire for $\frac{1}{2}$ hour, reckoning from the time the jam begins to boil well all over. Remove the scum as it rises, and when the jam is done put it into pots for use, tie it down to keep the air from it; this jam will keep good a long time.

Apple Jam that will keep for Years.

Weigh equal quantities of brown sugar and good sour apples; pare, core, and chop them fine; make a good clear syrup of the sugar. Add the apples, the juice and grated rind of 3 lemons, and a few pieces of white ginger. Boil it till the apple looks clear and yellow; this resembles foreign sweetmeats. On no account omit the ginger.

Apple Jelly.

(An American Recipe.)

Take 7 lb. of apples--the hard green ones with red cheeks are the best—wash them, but neither peel nor core them. Cut them up roughly and remove the tops and tails. Put the apples into a preserving pan with a little more than sufficient water to float them. Boil steadily for 1 hour. They should stir quite easily, so if they get too stodgy add a little more water. Let it drip through a jelly-bag all night. In the morning add 1 lb. of white sugar to each pint of juice, and a little essence of lemon. Boil for $\frac{3}{4}$ hour, stirring and skimming frequently with a wooden spoon. Do not be alarmed if it is not quite stiff when put away; it will soon stiffen in a cool cupboard. Best made in October.

The Americans make it of wild crab apples, and the bright red of their skins makes the jelly a most beautiful colour. Black currants and green gooseberries treated in the same way make excellent jelly.

Apricot Jam (Imitation).

3 lb. Apples (Scotch Codlins), 3 lb. Plums (Victoria), 3 lb. Pears (large table), 1 oz. whole Ginger.

Pare, core, and cut in pieces the apples and pears; stone, skin, and halve the plums. Make a syrup, put the fruit in and boil till tender, keeping it as whole as possible. Take out the ginger before lifting the jam.

Black Currant Jam.

Give 1 pint water to each quart of fruit, and 2 lbs. sugar to each quart of water, also 2 lbs. sugar to each quart of fruit. Boil 25 minutes.

Black Currant or Gooseberry Jam.

Weight for weight of sugar and fruit, and to every 6 lb. of fruit add $\frac{1}{2}$ pint red currant juice. Boil from 10 to 15 minutes.

Black Currant and Strawberry Jam.

4 lbs. Strawberries, 2 lbs. Black Currants, 6 lbs. Sugar.

Pick fruit, add sugar, boil 20 minutes.

Bramble and Apple Jelly.

4 lb. of Brambles, 2 lb. of Apples.

Cover them with water, and boil slowly for $1\frac{1}{2}$ hours; strain through a jelly bag, and to every lb. of juice add a pound of loaf sugar. Boil for 10 minutes.

Bramble Jelly (1).

Put berries in a jar in pan of boiling water; let them steam at side of fire for 6 hours; then strain through a cheesecloth. Allow 1 lb. sugar to $\frac{1}{2}$ pint juice, and boil 10 or 12 minutes.

Bramble Jelly (2).

Put a few sliced apples among the berries in the pan, and cover with cold water; boil slowly for $\frac{1}{2}$ hour. Strain through a jelly-bag, and to every large breakfastcupful of juice add 1 lb. of sugar. Boil for 3 minutes.

Cherry Jam.

4 lb. Cherries, do. Sugar, Water.

Stone the cherries, saving all the juice, then weigh it, and take equal weight of sugar, and 3 teacupfuls of water. Put the sugar and water in jelly pan, and boil for 10 minutes, then add the cherries and boil for $\frac{1}{2}$ hour. It should just be beginning to jelly on the spoon, as it gets thicker afterwards.

Green Gooseberry Jelly.

To 4 pints gooseberries give 3 pints water (always 1 pint less water than gooseberries); boil to a mash, then strain through cheesecloth. Take 1 lb. sugar to every pint of juice, but keep out a little sugar to throw in about 7 minutes before taking it off; this improves the colour wonderfully. Boil $\frac{1}{2}$ hour, then flavour with essence of lemon.

Marmalade.

30 Seville Oranges, Sugar, 2 Lemons.

Cut oranges and lemons right through, peel and all, into thin slices, removing seeds. Cut with a knife and fork the rind of the slices just roughly to make chips, and weigh fruit thus cut, and to every lb. add 3 pints cold water. Put in earthenware vessel, and let stand for 24 hours. Then boil till rind is just tender and a chip will crush between your fingers. Let stand till next day. Then weigh, and to every pint put 1 lb. lump sugar, and boil slowly till rind is transparent and syrup jellies. From this strain some for marmalade jelly. This is delicious, and has further advantage of making marmalade thicker. The great thing is slow boiling, otherwise you waste half. Close range best. Quite an hour to boil when sugar is boiled

with it, and about 20 minutes the first time, previous day; use all oranges, tie pips in muslin, and boil with them for $\frac{1}{2}$ hour.

Economical Marmalade.

1 lb. Marmalade Oranges, 1 Lemon, 6 lb. Sugar, 9 tumblers Cold Water.

Cut the oranges and lemon in eight, lengthwise. Take away the pips. Slice as thinly as possible through both skin and pulp. Put in large basin and cover with the cold water, and set aside for 24 hours. Then put on in jelly pan and boil 1 hour, or till the skins are tender, keeping always filled up with boiling water to the same quantity, as it evaporates while cooking. Set aside till cold, then add the sugar, and after it boils remove scum and boil $\frac{1}{2}$ hour, or till it jellies. Costs from 1 $\frac{1}{2}$ d to 1 $\frac{1}{2}$ d per lb.

Household Marmalade.

4 lb. Seville Oranges, 2 lb. Sweet Do., 2 lb. Lemons.

Slice the oranges and lemons without peeling them, removing all pips. To every lb. of fruit add 3 pints cold water, and let it stand 24 hours. Slowly boil 3 or 4 hours till the peel is quite tender. Let it stand till next day; then weigh it, and to every lb. of fruit add 1 lb. of crystallised sugar. Boil the whole till the syrup jellies and the peel is quite transparent (from $\frac{1}{2}$ hour to 1 hour).

Lemon Marmalade.

Take any number of lemons; slice very thin; remove only the seeds. To each lb. of sliced fruit, add 3 pints of cold water; let stand 24 hours; then boil it until the chips are tender, pour it into an earthenware bowl, and let it stand till next day. Now weigh it, and to every lb. of boiled pulp add 1 $\frac{1}{2}$ lb. of lump sugar; boil all together till the syrup jellies and the chips are rather transparent. In taking out the pips, be careful to leave in all the white pith, as this goes towards making the syrup.

Good Marmalade Jelly.

4 lb. Seville Oranges, 4 Lemons, 5 lb. Crystallised Sugar.

Pare the rind very thin from 6 of the largest oranges and cut into slender chips, and boil slowly for $\frac{1}{2}$ hour in a pint of water. Take away rind, white, and pips from the other oranges and lemons. Break up the pulp with your hands into 3 pints of water and boil gently $\frac{1}{2}$ hour. Then strain through a bag. Put the chips and water they were boiled in to this liquid into the pan, with the sugar, and boil 30 minutes. Remove all scum. Test it on a plate to see if it sets as a jelly, before removing it from fire. Pour into pots and cover down hot.

Orange-Jelly Marmalade.

Wash 5 lb. of the best Seville oranges, peel them. Put the finest and thinnest skins in a pot of cold water with a pinch of salt. Bring to the boil, and draw to the side of the fire. Place a hair sieve in a basin; cut the oranges crosswise, remove the pips with a silver spoon, and strain the juice on to the hair sieve through a wooden lemon squeezer. (No need to boil the juice twice when once will do.) Pull the pulp to pieces and put it into a preserving pan with (say) 4 quarts of water. Boil fast for 1 hour. Strain through a jelly bag without squeezing, and add to the orange juice. Allow 1 $\frac{1}{2}$ lb. sugar to each pint of liquid, and place on the fire to boil for $\frac{3}{4}$ hour. By the time the pan is on the fire, the skins, which have been boiling, ought to be

tender. Pull a table up to the fire (so that you can keep one eye on the jelly), get a friend to help you if you can, and start cutting the skins with clean scissors, again choosing the finest and thinnest, and cutting them as finely as possible. 10 minutes before the jelly is done, throw in as many or as few of the chips as you like. It is equally good without any chips at all. Best made in March or April.

Parsley Jelly.

Take a quantity of fresh parsley, well washed. Put in jelly-pan, cover with cold water, and press down lightly. Boil gently for about $\frac{1}{2}$ hour, and pour it twice through a jelly-bag. To each pint of juice add 1 lb. sugar. Boil for about 20 minutes pretty smartly.

Preserved Magnum Bonum Plums.

4 lb. Plums, 4 lb. Sugar, 4 teacups Water.

Pour boiling water over plums. Cover till cold, then skim. Boil water and sugar 5 minutes. Put plums in deep basin, and pour boiling syrup over. Stand 24 hours. Pour syrup off into pan, and boil a few minutes, and pour over plums once more. Stand again 24 hours. Boil syrup once more. Put in plums and boil gently 20 or 30 minutes till clear and tender. Take plums up into dish with skimmer. Let syrup boil thick and rich looking, probably 10 minutes longer. Pour over plums and keep for use. Length of time syrup needs to boil depends a little on fire and nature of plums.

Raspberry Jam.

Mash rasps to a pulp in a basin. Add sugar, weight for weight. Boil 5 minutes. Cover when hot.

To Preserve Raspberries.

To 1 lb. of fruit quite ripe add 1 lb. finely-sifted sugar. Make the sugar as hot as possible without scorching, put it to the fruit, and stir till every particle of sugar is dissolved. Put it in jars, and tie down with bladder. It will keep for a year, and looks just like fresh raspberries crushed with sugar.

Red Currant Jelly.

Heat berries in pan at side of range and squeeze juice. Add 1 lb. sugar to every pint of juice and merely bring right through the boil.

Red Currant Jelly.

4 lb. Currants, 1 lb. Rasps.

Put on in pan with 4 breakfastcups water, and allow to heat gradually. Boil gently 10 minutes. Strain. Add sugar, 1 lb. to 1, pint juice, and $\frac{1}{2}$ lb. over. Boil 5 minutes.

Red Currant Jelly (2).

Put 7 lb red currants in preserving pan with sufficient water to peep through (not cover) berries; let boil gently for fully $\frac{3}{4}$ of an hour, stirring frequently to prevent sticking. Strain through jelly bag. Put 1 lb. "Glebe Granulated Sugar" to one very large breakfastcupful of juice, and boil five minutes; pot and cover at once.

To Bottle Red Currants.

Pick currants from stalks, and put on a flat dish. Sprinkle over with crushed lump sugar, 1 lb. sugar to a quart (English) of fruit. Leave all night. Put in pan and bring to boil. Boil 1 minute. Pour into basin to cool. Then put in jars and cover at once.

Rowan Jelly.

Gather the berries when they are almost ripe. Wash them, and put in a preserving pan, with sufficient water to cover them. Boil till soft, and strain the liquid through a bag. Allow 1 lb. of loaf sugar to every pint of juice, and boil the latter with the sugar for $\frac{1}{2}$ hour, skimming carefully. Apple juice added to the rowans is a decided improvement. To every pound of rowan juice allow a pound of apple juice, adding sugar to the latter—a lb. to a pint.

Rhubarb.

Rhubarb takes all flavours but gives none, so most economical to use for tarts or jam with expensive fruits.

Mince rhubarb very small and wash well. Boil with black currants till juice is extracted from both. Then strain through two sieves of different fineness. Boil it with weight in sugar, and you have black currant jelly.

Flavour simple juice of rhubarb with lemon and almond flavouring, and you have apple jelly; with lemon peel and stick cinnamon, and you have quince jelly; cherries, raspberries, and so on.

For dessert, boil rhubarb juice with equal quantity sugar and some red currants. Strain, and when boiling drop in singly some ripe strawberries.

To Render Stewed Rhubarb more Digestible.

When cooked, add a pinch of carbonate of soda. Stir gently, then skim off froth that rises, and serve.

Rhubarb Jam with Figs.

6 lb. Rhubarb, 5 lb. Sugar, 1 lb. Figs, $\frac{1}{2}$ lb. Candied Peel.

Cut figs and peel fine, put over rhubarb with sugar all night. Boil for $1\frac{1}{2}$ hours. Will keep good for years.

Preserved Rhubarb.

Choose firm red sticks; wash them and dry well with a cloth. Cut up in 6 inch lengths and lay them on a tray to dry for 2 days. Weigh 4 lb. of rhubarb and 4 lb. crystallised sugar, $\frac{1}{2}$ lb. lemon peel (cut small), $\frac{1}{2}$ lb. preserved ginger cut in small pieces, teacupful of water. Put all into a jelly pan (except the rhubarb) and stir it over the fire till it has boiled 5 minutes, then place in the dry rhubarb, and let it boil gently $\frac{1}{2}$ hour, stirring it as little as possible. Place it in pots and tie down while hot.

OR,

Take equal quantities of sugar and rhubarb. Put rhubarb in basin, with sugar, and lay aside for 3 days. Then add ginger, boil and skim. Simmer 40 minutes.

Another way.

2 lb. Rhubarb, 2 lb. Sugar, Rind of 1 Lemon, 1 oz. Whole Ginger, broken up and crushed.

Pare and cut rhubarb into small pieces, add sugar, lemon rind (cut very thin), and ginger. Put all into dish, and let it stand till next day. Strain, and boil juice $\frac{3}{4}$ hour. Add rhubarb, &c., and boil for $\frac{1}{2}$ hour longer.

Rhubarb and Raspberry Jam.

4 lb. Raspberries, 6 lb. Rhubarb, 8 lb. Sugar.

Cut rhubarb in small pieces, put in a basin, and sprinkle sugar over each layer of rhubarb. Let it stand all night. Put in pan, bring to boil, then add raspberries, and boil $\frac{1}{2}$ hour.

Rhubarb Jelly.

To make rhubarb jelly, get the rhubarb as red and fresh as possible. Wash and wipe dry, but don't peel. Cut it up in short pieces, and put in the preserving pan with one large cupful of water. Allow it to simmer gently until all the juice is extracted, then strain through a jelly-bag. Measure the juice, and to each breakfastcupful add one pound of good sugar. Stir gently till it boils. Allow it to boil ten or twelve minutes, or until it appears firm, then pour into small jelly pots, and keep in a cool, dry place.

Strawberry Jam (1).

1 lb. green Goosberry juice to 4 lb. Strawberries. (Cheaper than Red Currant juice, and firms jam nicely).

Melt sugar in juice, then add fruit and boil 20 minutes or $\frac{1}{2}$ hour.

Strawberry Jam (2).

6 lb. Fruit, 6 lb. Sugar.

Strew sugar over. Stand 24 hours. Boil 20 minutes.

Vegetable Marrow Jam.6 lb. Marrow, 6 lb. Sugar, 3 Chilli Pods, $\frac{1}{2}$ teaspoonful Saffron, $\frac{1}{2}$ oz. Root Ginger.

Pare the marrow and remove pips, &c. Cut into squares. Then cover with water and let it stand 3 days, changing the water every day. Cover the bottom of the pan with water, add the sugar, pods, &c., in muslin bag. When you have a syrup, add marrow and boil $\frac{1}{2}$ hour.

Vegetable Marrow & Ginger Marmalade.

6 lb. Marrow, 6 lb. crystallised Sugar, 6 Lemons, 6 oz. Green Ginger, 2 oz. Root Ginger, 1 teaspoonful Cayenne.

Pare the marrows and remove all pips, &c. Cut the marrow into large squares. Peel lemons and cut rind into shreds. Put marrow, lemon juice, and shreds into a large pan with the sugar and ginger. Let it stand 24 hours till the juice covers it. Boil till marrow is quite clear.

Vegetable Marrow Jam.5 lb. of Marrow freed from pith and skin, 5 lb. Sugar, 2 large Lemons, 2 oz. bruised Ginger, $\frac{1}{2}$ teaspoonful Cayenne.

Cut up the marrow into little lumps about an inch long and $\frac{1}{2}$ inch thick. Put them into a preserving pan after the sugar has melted in enough water to cover the bottom of the pan. Add the juice of the lemons; also the rinds, ginger, and cayenne tied in a muslin bag. Boil all steadily for 1 hour, and pour into pots in the usual way. Best made in September.

Vegetable Marrow Preserve.1 lb. raw Marrow, $\frac{1}{2}$ lb. Apples, 1 teaspoonful Ground Ginger, juice of 1 Lemon, 1 teaspoonful Cinnamon, $\frac{1}{4}$ lb. Loaf Sugar.

Boil all for $\frac{1}{2}$ hour.

DRINKS.

Almond Water.

Put 6 oz. ground sweet almonds in pan with 2 oz. bitter almonds and 1 quart water. Simmer $\frac{1}{2}$ hour. Add 1 lb. loaf sugar, broken small, and when dissolved strain. When cold, it is ready. 1 tablespoonful orange flower water is a great improvement. $\frac{1}{2}$ a teacupful in tumbler with soda water is excellent.

Apricot Syrup.

Divide and stone the apricots, blanch the kernels, and chop very small. Put fruit and kernels over fire, with a few spoonfuls of water to prevent them burning, and reduce them to a marmalade, then run the juice through jelly-bag. Put 1 $\frac{1}{2}$ lbs. sugar to each pint of juice, and boil gently for 10 minutes over a slow fire to remove the scum and bring it to a rich syrup. Cool, and bottle it.

This delicious syrup is very useful to keep for creams, ices, or other delicate sweets.

Aylesbury Sherbet.

Mix 1 $\frac{1}{2}$ oz. citric acid and 50 drops essence of lemon well together; dissolve 4 lb. loaf sugar in 2 pints boiling water; then add acid mixture. Stir it well up, bottle, and cork. 2 tablespoonfuls to a tumbler of water makes a refreshing summer drink. Add $\frac{1}{2}$ teaspoonful carbonate of soda if wanted effervescent.

Boston Cream.

1 oz. Tartaric Acid, 1 breakfastcupful Sugar, 2 $\frac{1}{2}$ breakfastcups Boiling Water, 2 teaspoonfuls Essence of Lemon, 1 white of Egg.

Pour boiling water over sugar, stirring occasionally. When cold, add acid and essence, and well-whisked white of egg. Bottle. Take 2 tablespoonfuls to one tumbler of water, and $\frac{1}{2}$ saltspoonful carbonate of soda, if liked.

Coffee Drink

May be made by pouring some boiling water on the coffee left from breakfast, letting the liquid boil a minute or two with a small quantity of milk. It should be poured from the grounds into a clean jug, and sweetened and stirred while hot, as it will then not require so much sugar. This is a very good thirst-quencher.

Drink for a Fever.

3 oz. Currants, 2 oz. Raisins, carefully stoned, 1 $\frac{1}{2}$ oz. Tamarinds, 3 pints Water, a little Lemon Peel.

Boil the currants, raisins, and tamarinds in the 3 pints of water till reduced to 2 pints. Strain, add lemon peel and let it stand 1 hour, when it will be fit for use.

Fruit Syrup.

$\frac{1}{2}$ lb. Sugar, $\frac{1}{2}$ pint Water, 1 pint Strawberry or other Fruit Juice.

Press juice from berries, and measure 1 pint. Put sugar and water in pan, and boil 5 minutes. Add juice, and simmer gently $\frac{3}{4}$ hour, removing scum. When cold, bottle and cork.

Ginger Beer.

3 lb. Loaf Sugar (or 4 lb. if liked sweet), 4 Lemons, peeled and sliced (no peel used); 2 oz. Cream of Tartar, $\frac{1}{2}$ lb. Ginger (well bruised).

Mix well with wooden spoon in 3 gallons boiling water, and use the

whites of 2 eggs to clear it. Mix it in an earthenware jar, and strain it through a cloth into a second earthenware jar. Let it stand all night, and then bottle it the next morning (stone bottles best). Fit for use in 3 or 4 days in warm weather.

Ginger Syrup.

3 drachms Tincture of Cayenne, 3 drachms Essence of Ginger, 4 lb. Lump Sugar, $\frac{1}{4}$ oz. Tartaric Acid, 6 quarts of Boiling Water.

Boil sugar and water for 3 minutes. When nearly cold add the other ingredients (the tartaric acid dissolved in a little water), and colour with burnt sugar.

Ginger Wine.

3 dr. Essence Ginger, 2 dr. Essence Cayenne, 6 dr. Burnt Sugar, 6 dr. Citric Acid, 3 lb. White Sugar, 7 bottles Water.

Boil water and sugar for twenty minutes. When cold add essences.

Harvest Drinks.

STOKOS is the best drink for hard work—it is very strengthening, easily made, and cheap. Put $\frac{1}{4}$ lb. of fine oatmeal, about 6 oz. of sugar, and $\frac{1}{2}$ a lemon cut into slices, into a pan; mix all together with a little warm water, then add a gallon of boiling water; stir thoroughly, and use when cold. The lemon may be omitted, or any other flavouring may be used instead. Pure "Lime Fruit Juice" makes an excellent flavouring, about 3 tablespoonfuls to the gallon, put in when cold. Cost, 3d a gallon.

COKOS is a good, nourishing drink, made as follows:—6 oz. of sugar, 6 oz. of good fine oatmeal, 4 oz. of cocoa, mixed into a thin batter; then add a gallon of boiling water; can be kept in a stone jar. Cost, $1\frac{1}{2}$ d a quart.

LEMONADE is one of the most refreshing of drinks. It may be made either for present use, or to be bottled and mixed with water as wanted, and there are many ways of making both kinds. The following are perhaps the best:—

For present use.—Put 1 lb. of white sugar, 1 oz. cream of tartar, and 2 lemons cut in slices (or a teaspoonful essence of lemon) in a large jug, and pour over all 3 quarts of boiling water. This is a very cooling drink, and costs about 2d a quart.

NOTE.—One lemon is about equal to 10 drops of essence of lemon, or to $\frac{1}{2}$ drachm of citric acid. If essence of lemon is used in place of lemon, it should be mixed when it is lukewarm.

A good harvest drink.—Boil $\frac{1}{2}$ oz. hops and $\frac{1}{2}$ oz. ginger (bruised) in $1\frac{1}{2}$ gallons of water for 25 minutes; add 1 lb. of best brown sugar, and boil 10 minutes more; then strain, and bottle while hot. It will be ready for drinking when cold. It should be kept in a cool place. Dried horehound may be used instead of hops. Cost, 3d a gallon.

One ounce of coffee and $\frac{1}{2}$ ounce of sugar, in 2 quarts of water, is a very thirst-quenching drink; so is cold tea; but neither of these is so supporting as the oatmeal drink.

Boiling water poured on a few slices of lemon, with a little sugar, makes a refreshing drink.

Lemonade.

1 lb. of powdered Loaf Sugar, $1\frac{1}{2}$ oz. of Tartaric Acid, 1 teaspoonful of Essence of Lemon.

Pour on the sugar 1 pint of boiling water; when melted, stir in the acid and lemon essence. When cold, put in well-corked bottles.

Lemon Syrup (1).

3 large Lemons, 3 lb. Loaf Sugar, 6 breakfastcupfuls Cold Water, 1 oz. Citric Acid.

Roll the lemon to soften it, pare the rind off the lemons, put it in a pan with the water, and boil gently for $\frac{1}{2}$ hour. Add the juice of the lemons, and boil another $\frac{1}{2}$ hour, with the lid on. Strain. Boil gently with the sugar and acid for 5 minutes. When cold, bottle for use.

Lemon Syrup (2).

1 oz. Tartaric Acid, 3 lb. Lump Sugar, 1 teaspoonful Essence of Lemon.

Pour 3 pints of boiling water over the sugar. When lukewarm add the acid and lemon. Colour with burnt sugar.

Lemon Syrup (3).

Bring to the boil 6 lb. of lump sugar, $\frac{1}{2}$ lb. of tartaric crystals, and 2 quarts of water. When cold, add 2 drachms oil of lemon and bottle; will keep any length of time.

Lemon Squash.

1 lb. Sugar, 2 oz. Citric Acid, 1 pint Cold Water, 5 drops Essence of Lemon. Boil 3 minutes.

A Lesson on Milk Drinking.

Few people know that there is a good and a bad way of drinking milk. The bad way is that which they generally follow, viz., to swallow a large quantity at once. When milk goes into the stomach it is instantly curdled, and if it is curdled into one big mass, the juices of the stomach can work on only the outside of it. This is the reason that many people who like milk, and to whom it should be of the utmost benefit, cannot drink it. They say it gives them indigestion, and they are right. Let them give it another chance. But this time they must sip it slowly, not taking more than a good teaspoonful at one sip, and taking at least four minutes to finish the glassful. Each little sip thus becomes curdled up by itself when it passes into the stomach, the digestive juices percolate freely around it, and it speedily becomes assimilated. One of the best restoratives known after excessive fatigue, and one infinitely preferable to any form of alcohol, is a glass of hot milk. The heat seems to lighten it, and to deprive it of much of the sweetness which is so cloying to some tastes. A little bread should always be taken with milk.

Oatmeal Drink (1).

1 heaped teaspoonful oatmeal at bottom of tumbler. Pour a little cold water over, and stir well; fill up half way with boiling water, then to the top with boiling milk; season with salt. (Splendid for nursing mothers.)

Oatmeal Drink (2).

When placed by the side of any alcoholic drink it shows itself infinitely superior, and much cheaper. Take of fine oatmeal $\frac{1}{4}$ lb.; coarse sugar $\frac{1}{4}$ lb.; ground ginger $\frac{1}{2}$ ounce; essence of lemon 30 drops; boiling water 1 gallon. Pour the boiling water over the other ingredients, stirring well all the time, then boil the whole for about 3 minutes. A thicker and more nourishing drink can be made by adding $\frac{1}{2}$ or $\frac{3}{4}$ lb. of oatmeal to the gallon of water.

Oatmeal Drink (3).

Mix 4 ounces of oatmeal with 9 quarts of cold water. Bring it to

the boil and cook for 30 minutes, adding the rind of 2 lemons and, if possible, one orange. Strain through a hair sieve, and, whilst still hot, sweeten to taste with brown sugar. When cooled, add 1 ounce of tartrio acid or $\frac{1}{2}$ ounce of citric acid. Serve when cold. This quantity will keep good for 2 or 3 days in a dry, cool place.

Orange Syrup.

Select ripe and thin skinned fruit; squeeze juice, add to every pint $1\frac{1}{2}$ lb. sifted sugar. Boil it slowly, and skim as long as any scum rises; you may then take it off; let it grow cold, and bottle. Be sure to secure corks well. 2 tablespoonfuls of this syrup mixed in melted butter makes admirable sauce to plum, &c., puddings, and imparts fine flavour to custards.

Peppermint Cordial.

1 lb. Loaf Sugar, 1 pint Boiling Water.

Simmer 10 minutes, then stir in 1 tablespoonful honey. When nearly cold, add 30 drops of the essence of peppermint. Bottle for use. 4 tablespoonfuls to a tumbler of hot or cold water makes a delicious drink. Essence of ginger can be used in the same way.

Prune Water.

$\frac{1}{4}$ lb. Prunes, $\frac{1}{2}$ Small Lemon, 3 breakfastcups Water, Sugar.

Slit each prune down side and put in pan with lemon rind very thinly pared. Boil very slowly $\frac{1}{2}$ hour. Add juice of lemons, strain, sweeten, and use cold. Very refreshing.

Raspberry Drink.

Look over berries. Mash in earthen pan. Put on fire with 1 pint water to 1 pint of pulp. When it comes to boil put through sieve. Boil 5 minutes. For use:—Put in tumbler 2 tablespoonfuls with 1 tablespoonful of simple syrup of icing sugar and fill up with cold water. Almost any fresh fruit can be used. With plums the juice of lemon is an improvement, and extra sugar.

Raspberry Vinegar.

Fill a wide-mouthed bottle with rasps freshly gathered; fill up with vinegar. Cook, and let them stand for a month. Then strain them. If the juice is very thick, add a little cold vinegar, and to every breakfastcupful of juice add $\frac{1}{2}$ lb. of sugar. Boil in a pan $\frac{1}{2}$ hour. Skim and bottle when cold.

Raspberry Water.

1 pint Berries, 1 quart Cold Water, 1 Lemon, 4 oz. Sifted Sugar.

Pick berries, press juice through fine sieve or cloth. Mix sugar with juice, lemon juice, and water.

Currants, Strawberries, and Gooseberries in same way, but use no lemon with currants, as they are acid enough.

Red Currant Drink.

Dissolve $\frac{3}{4}$ lb. crushed loaf sugar in $\frac{1}{2}$ pint of hot water. Add 1 pint red currant juice. Put all in a jug, cover closely, and let stand in a pan of boiling water for about 1 hour, removing the scum as it rises. When cold, bottle and cork well.

Rhubarb Sherbet.

Choose some fine red rhubarb, cut it up, and put $\frac{1}{2}$ pint of the pieces into a stewpan with a quart of water; boil it 20 minutes, then strain it into a jug with 3 oz. of loaf sugar, on which the rind of a small lemon has been extracted; cover it, and let it stand to cool.

CONFECTIONS.

For all Sweet-making operations a flat slab or marble is better than a dish, and a very little butter will be needed to rub on. Use Cox's gelatine for sweet dishes.

Salted Almonds.

Take a small pan and enough butter to make it 1 inch deep when melted. Get it to boiling heat (try it by putting a piece of bread in to brown). After blanching the almonds throw them all in at once, so that they all brown alike. Mix some salt and a little cayenne together on a paper. Take out the almonds and roll them in it, shaking them well till nearly cold.

Barley Sugar.

1 lb. Loaf Sugar broken small, $\frac{1}{2}$ pint Water, and White of an Egg, flavouring of Lemon or Vanilla.

Put sugar and water into pan. When dissolved put over moderate fire, and when just beginning to warm add beaten white of egg. Stir well, and when boiling remove scum, and boil till perfectly clear. Strain through muslin, and boil up again when done; a little dropped into cold water should be very brittle and snap easily. Pour on the slab and cut into strips. Dip the hands in cold water and roll and twist the sticks, and, when cold, may dust a little sifted sugar over.

Black Currant Lozenges.

Put the currants into a jar in the oven. When soft, pulp them through a hair sieve. To 3 lbs. pulp add 1 lb. of castor sugar. Boil $\frac{1}{2}$ hour, take the pan off the fire, and stir in the sugar very briskly. It may be boiled a little after the sugar has been added. Then pour it into plates about $\frac{1}{4}$ inch thick, put it into the sun or a cool oven to dry. Then turn it, and when quite dry cut it into lozenges. A small quantity of isinglass will make it set better.

Caramel Walnuts.

$\frac{1}{2}$ lb. Walnuts, 2 oz. Ground Almonds, $\frac{1}{2}$ lb. Icing Sugar, 1 White of Egg, $\frac{1}{2}$ lb. Sugar, $\frac{1}{2}$ teacupful Water, $\frac{1}{2}$ teaspoonful Cream of Tartar.

Break the walnuts and remove the inner husks. Put sugar and ground almonds into a bowl, then the stiffly beaten white of egg; the mixture must be barely moistened. If in the least soft, add more sugar; take up a piece of mixture and work it into a round ball, put $\frac{1}{2}$ a walnut on one side and $\frac{1}{2}$ on other. Roll it round and set aside for a day to get hard. Next day put common sugar, water, and cream of tartar into a small saucepan. Let it boil until it thickens like toffee. Dip the walnuts one by one into this, then put them on a buttered plate till cold. If difficult to remove, heat the plate.

Cinnamon Drops.

Mix $\frac{1}{2}$ oz. powdered cinnamon, or $\frac{1}{2}$ teaspoonful oil of cinnamon, with 1 lb. pounded sugar and $\frac{1}{2}$ pint water. Boil the syrup till it snaps when put in cold water in about $\frac{1}{4}$ hour. Then spread it on a large flat dish, well oiled, and score, before it hardens, into small squares, or drop it evenly on paper.

Cinnamon Tablets

are made in same way, but, instead of being scored into small squares or formed into drops, it is marked into squares of about $1\frac{1}{2}$ inches.

Cocoanut Ice.

Boil 2 lb. sugar with 1 cup water till clear. Take off fire, and turn into basin wetted with cold water, and into it 2 cupfuls dessicated cocoanut. Keep stirring till milky, then spread on a wet or buttered tin. A pretty effect is made by tinting half the quantity with a few drops cochineal, and spreading this on a layer of white.

Cocoanut Ice Tablets.

1 largo (heavy) Cocoanut, 1½ lb. Castor Sugar.

Pour out the milk from nut over the sugar. Break nut, pare off the brown rind, and grate the white part. Put all into a buttered pan and boil 10 minutes. Grease a dish and pour half into it. Colour quickly the rest pink with a few drops of carmine and spread over the white. When nearly cold, cut into squares.

Chocolate Creams.

1 lb. Sugar, $\frac{1}{2}$ lb. Chocolate, 1 teaspoonful Acetic Acid, 1 tablespoonful Water, 1 teaspoonful Vanilla.

Melt sugar slowly, wetting a little with the water. Add the acid and vanilla, and boil till sugary, trying very often by stirring a little in a saucer. When sugary, take from fire and stir till almost hard. Then roll in little balls and put on a buttered plate. Melt chocolate in 2 tablespoonfuls water, with a cup of sugar, and boil 5 minutes. When just warm, dip in the little balls till well coated, and lay on plates to dry.

COX'S INSTANT POWDERED GELATINE.

*Pure and Strong.
Dissolves instantly in hot water.*

For many other Gelatine recipes see **Cox's Manual of Gelatine Cookery** which will be sent on receipt of one penny stamp by

J. & G. COX, Ltd.,

Gorgie Mills, EDINBURGH

Coffee Creams.

2½ cupfuls Sugar, ½ cupful Strong Coffee.

Boil together 4 minutes. Cool, beating all the time. Roll paste into balls and harden.

Lemon Honey.

Grated Rind and juice of 2 Lemons, 2 oz. Butter, ½ lb. Loaf Sugar, 1 teaspoonful Ground Rice, and 2 Eggs.

Melt the butter in a pan; then add the sugar, lemon juice and rind, and ground rice. Stir constantly till it boils. Take it off the fire, and add the eggs (beaten). Do not put it on fire again, but stir till cool. This quantity should fill a 1 lb. jar.

Lemon Preserve.

Put in stewpan ¼ lb. butter, 1 lb. Lump sugar, grated rind of 2 lemons and juice of 3. Keep stirring mixture till sugar dissolves. Add 6 well beaten eggs. Continue stirring till it begins to thicken, but do not let it boil. When consistency of honey, it is done. Will keep six months.

Marzipan.

1 lb. Ground Almonds, 1 lb. Sifted Loaf Sugar, Whites of 2 fresh Eggs, and a few drops Essence Almonds.

Mix sugar and almonds, then add, little by little, stiff whites, until mixture assumes appearance of paste. As some eggs contain more white than others, a little less than the 2 may be enough. Paste must be quite firm. Form into blocks, and dry very slowly in a moderate oven.

Marzipan Potatoes.

½ lb. Icing Sugar, ¼ lb. Crushed Almonds, the White of an Egg, and a little Ground Cinnamon, Cocoa, or Ground Chocolate.

Beat egg, add sugar and almonds, roll into round balls and toss in the cinnamon, then mark as like a potato as possible with a fork.

Peppermint Creams.

Whites of 2 Eggs and as much Icing Sugar as will form a stiff paste, and a few drops Peppermint.

Mix well, and roll out to ¼ inch. Cut in small moulds, and spread on sheets of paper to set. Ready next day.

Peppermint Creams (2).

1 lb. Sugar, 1 pinch Cream of Tartar, 1 teacupful Water, 1 teaspoonful Essence of Peppermint.

Let all ingredients boil together (except the peppermint) until, on trying one or two drops in cold water, a soft ball can be made (in from 8 to 12 minutes). Then pour into a basin, and when lukewarm beat with a wooden spoon till white and creamy. Then add peppermint. Turn mixture on board and knead it till soft and smooth. Roll out and cut in rounds or squares. While kneading, use icing sugar to prevent sticking.

Russian Cream.½ packet Cox's Gelatine, 2 tumblers Milk, 1 tablespoonful fine Sugar, 2 Eggs
½ teaspoonful Essence.

Steep gelatine in milk (to soften) for 10 minutes or so. Put gelatine, milk, and yolks of eggs in pan. Bring to boiling point, but on no account through the boil. White of eggs to be switched to a snow. Lift pan off fire and thoroughly mix in the white of eggs. Pour into delf moulds, wetted first.

Tablet.

4 teacupfuls Sugar, 2 tablespoonfuls Syrup, 1 teacupful Water.

Boil for about 20 minutes, then add 2 tablespoonfuls butter, and stir almost all the time till it is ready (which you know by seeing it become sugary). Take it off rather sooner than you would for toffee, and add 1 teaspoonful essence of lemon immediately before pouring. Essence of vanilla or ginger may be substituted for the lemon.

Treacle Toffee.

Rub the saucepan with butter and pour in as much treacle as may be wanted. Let it boil gently until a small portion will break between the teeth after being thrown into cold water. When this point is reached, take pan at once off fire, or it will quickly acquire a burnt taste. Pour on a buttered dish, and when cool roll it into sticks, and fold in clean white paper. The toffee may be flavoured with essence of peppermint, almond, or lemon, and a little cayenne pepper thrown into treacle toffee is an excellent cure for a cough.

Toffee (1).

4 teacupfuls Sugar, 3 tablespoonfuls Syrup, 1½ teacupfuls Water.

Boil for about 20 minutes, then add 2 tablespoonfuls butter, and boil till it hardens when dropped in cold water. Immediately before pouring, stir in a teaspoonful essence of lemon, and pour into a buttered tin.

Toffee (2).

1½ lb. Brown Sugar, 2 oz. Butter, ½ teaspoonful Cream of Tartar, ½ teacupful Cold Water, Essence of Lemon or Vanilla.

Put all the ingredients into saucepan, let boil for 10 minutes, without stirring. Test if crisp by putting a little of the mixture in cold water; if not hard, boil a little longer, then pour into a buttered tin, mark into squares when cool. The addition of blanched and chopped almonds added after boiling is a great improvement.

Toffee (3).

6 lb. Brown Sugar, put in brass pan with 1 pint Cold Water.

Boil briskly for 2 minutes, add ½ lb. fresh butter and boil 10 minutes longer, when it should be brittle. Try with cold water, then pour on buttered dish, and when half cold mark into diamonds.

Toffee (4).

1 lb. Sugar, 1 lb. Treacle or Syrup, ¼ lb. Butter, a few Almonds, a little more than 2 tablespoonfuls Vinegar.

Boil over brisk fire for 20 minutes, stirring all the time.

Almond Toffee.

Make same way as plain toffee. Blanch 4 oz. almonds by throwing in salted boiling water for 2 minutes. Then halve, dip in cold water, dry in cloth, and add to toffee just before it is done.

Everton Toffee.

1 lb. Castor Sugar, 1 teacup Water, ¼ lb. Butter, 6 drops Essence of Lemon.

Put water and sugar in pan, beat butter to a cream, and when sugar is dissolved add butter, and stir over fire till it sets quickly, when a little is tried on a butter dish. Add essence of lemon, and pour on dish, marking in squares, when cool.

Butter Scotch.

Same way, but with brown sugar and omitting the water. Flavour with $\frac{1}{2}$ oz. powdered ginger.

Fig Toffee.

1 cup fine brown sugar and $\frac{3}{4}$ cup water boiled together till a clear golden colour, but don't stir it. Just before it is done add $\frac{1}{2}$ saltspoonful cream of tartar. Stir in, and take from fire. Have figs washed, dried, and split in strips. Arrange on buttered dish, pour toffee over, and mark in squares.

Russian Toffee (1).

2 lb. Brown Sugar, 2 oz. Salt Butter, 1 small tin Condensed Milk, $\frac{1}{2}$ pint Sweet Milk, 1 tablespoonful Golden Syrup, 1 do. Essence of Vanilla, Warm Milk.

Put all into pan except vanilla, and boil thirty minutes, then add vanilla. Test by dropping a little into cold water; when done it will be crisp.

Russian Toffee (2).

1 lb. Brown Sugar, $\frac{1}{2}$ lb. Fresh Butter, 2 tablespoonfuls Syrup.

Bring sugar, butter, and syrup to boil, then add 1 tin Swiss milk and boil 20 minutes.

Swiss Milk Toffee.

Rinse a clean enamelled saucepan with cold water, and leave a teaspoonful in. Add 2 oz. of butter, $1\frac{1}{2}$ tablespoonfuls of golden syrup, and 1 lb. of white moist sugar. When these are melted stir in one $4\frac{1}{2}$ d tin of Swiss milk. Boil for exactly 20 minutes. Lift from the fire and stir in 2 teaspoonfuls of vanilla essence. Pour on to a buttered dish, and score when cool.

Turkish Delight.

1 oz. Cox's Gelatine, $\frac{3}{4}$ teaspoonful Tartaric Acid, 2 breakfastcupful Castor Sugar, $\frac{1}{2}$ teacupful Cold Water, $\frac{3}{4}$ cupful Boiling Water, 1 teaspoonful Essence Vanilla, juice of a Lemon, and a little Carmine to colour.

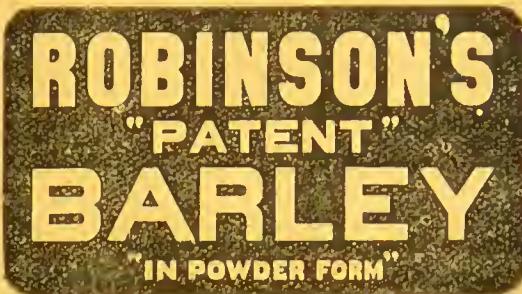
Soak gelatine in cold water 2 hours. Put sugar in boiling water. Boil 7 minutes with tartaric acid. Add lemon and pour over gelatine. Stir well; add essence. Pour in prepared plates.

Vanilla Lozenges.

$\frac{1}{2}$ lb. coarse sugar put in pan with 1 oz. water and a few drops essence of Vanilla. Stir over fire with wooden spoon till mixture is liquid and on the point of simmering. Take off fire, stir a few minutes longer, and drop it on slightly oiled baking sheets. When the drops get cold, remove them with the point of a sharp knife.

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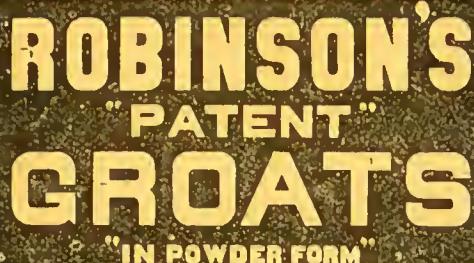
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It is much nicer than Gruel made from the
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The above have a reputation of over
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Keen, Robinson & Co., Ltd.,
LONDON.

MISCELLANEOUS.

Brown Crumbs.

(FOR PHEASANTS AND GAME.)

Put some white crumbs into the oven, and when a nice golden colour put into a pan with a piece of butter, a little salt and pepper, shake well, then serve.

OR,

Shake crumbs into hot butter in frying pan gently till bright golden brown ; drain ; spread on kitchen paper before fire till dry and crisp. To serve, arrange in little heaps round the birds.

Browned Flour (for thickening).

Take as much flour as required, spread it thinly on a plate, and place in oven till brown, turning often. Bottle and keep tightly corked.

Curd Cheese.

1 quart Milk, juice of 3 Lemons.

Put milk in a basin, add strained juice of the lemons to it, and let it stand in a temperature of 54 degrees, for 12 hours. Have ready a butter muslin about 18 inches square, put it over a basin and pour the curd into this, tie it round with string, and hang on a nail over a sink to drain for a few hours. Then put between two plates, with a weight on top, and press till all the moisture is pressed out. Turn out, and eat like ordinary cheese, or with sugar or fresh fruit.

To Clarify Suet.

Place in large stewpan minced suet, skin and fat of all kinds, with 1 pint water. Stir constantly and when froth rises skin. It is ready when water is evaporated and fat is quite brown. Strain, when it is ready for use.

To Clarify Dripping.

Put dripping from the roast (either mutton or beef) in pan with a little water to cover the bottom of pan. Let dripping thoroughly dissolve. Pour into basin and stand all night. In the morning it will be caked. Lift out cake of dripping, and melt it in pan. Pour into jars. Twist paper round, and set away. Keeps splendidly.

Flavouring Spices.

1 oz. each of Bay Leaves, Marjoram, Sweet Basil, Thyme, Ground Cloves, White Pepper, Ground Mace, and Nutmeg.

Dry the herbs carefully in the sun, pull off stalks. Rub through hair sieve and bottle for use. Excellent for forcemeats, stews, soups, &c.

Uses for Lemons.

If the hair be falling out, rub the pulp of the lemon on the scalp. A few drops of lemon juice will mitigate the pain of a bee sting. A headache may be relieved by rubbing the temples with a slice of lemon. A corn or bunion may be relieved thus :—After bathing the afflicted foot in hot water, a few drops of lemon juice on the toe will be found very soothing. There is nothing better for breaking up a cold than juice of lemon, when boiled for 2 minutes, and taken as hot as possible at bedtime.

To Keep Oranges and Lemons.

Take small sand and make it very dry. Put into clean vessel when cold, place a layer of fruit in, not letting them touch each other, and the stalk end down. Strew in sand to cover them two inches deep. Set vessel in cool place, and you will find fruit in high preservation at end of several months. Lemons keep a long time covered with cold water.

Peel, divide, and stew sour oranges in syrup. Nothing nicer.

Meat Seasoning.

Extremely useful to keep ready mixed for seasonings, meat pies, rissoles, hash, &c. Ingredients:—1 lb. salt, 1 oz. white pepper, $\frac{1}{2}$ oz. ground mace, 1 large nutmeg (grated), and 1 saltspoonful of cayenne. Mix, pass through a sieve, and keep in a well-corked bottle in a dry place.

To Mix Mustard for Table Use.

Place, according to requirements, 1 or 2 dessertspoonfuls of Keen's D.S.F. Mustard into a cup or vessel; add a little water, and thoroughly incorporate by continuous stirring until a perfectly smooth paste, of sufficient thickness to fall slowly from a spoon, has been formed. Mustard is better if mixed in small quantities every day.

French Mustard.

Put on plate 1 oz. best powdered mustard, 1 saltspoon salt, a few leaves tarragon, and 1 clove of garlic minced fine. Pour on it by degrees sufficient vinegar to dilute to proper consistency, about $\frac{1}{2}$ gill. Mix with wooden spoon, and don't use it in less than 24 hours.

German Mustard.

8 teaspoonfuls Mustard, 4 do. Salt, 4 do. Castor Sugar, 4 do. melted Butter, 1 saltspoon Cayenne, juice of a raw Onion, and enough Malt Vinegar to make the requisite consistency.

Mix thoroughly, put into little jars, cork and seal. Will keep fresh and good for 12 months.

Nasturtium Seeds.

(SUBSTITUTE FOR CAPERS.)

$\frac{1}{2}$ pint Vinegar, Salt, 1 teaspoonful Peppercorns.

Gather seeds before too old, put in salt and water 24 hours, then rub dry and put in bottle. Boil vinegar and peppercorns and strain it. When cold put in bottles with nasturtiums, adding more as they are ready; afterwards seal bottles. Will keep a year.

Oatmeal Porridge.

Put a saucepan on the fire with water proportionate to the quantity of porridge required. Just before it comes to the boiling point begin sprinkling in the meal regularly with the left hand, while you stir with a "porridge-stick" with the other. In this consists the art of porridge-making, as on its being well done depends the absence of lumps or knots and its smoothness and appearance when dished. Stir till quite through the boil. Boil 10 minutes, then add the salt and boil 10 minutes longer. It is best not to put the salt in till the end of 10 minutes, as it has a tendency to harden the meal and prevent its fully expanding, so that the quality of the porridge is deteriorated. Putting the meal in just before the water comes through the boil and

stirring till the porridge does boil ensures there being no lumps. The consistency of the porridge can be regulated according to the taste of the cook by putting in less or more meal. Serve with sweet milk. Many people prefer to boil porridge much longer. Even 1½ hours' gentle boiling only makes meal more digestible

Porridge (2).

4 oz. medium Oatmeal, $\frac{1}{2}$ pint Milk, $\frac{1}{2}$ pint Water.

Soak the meal overnight in the water, then cook in a double pan for about 1½ hours in the morning with the milk. A small piece of butter may be mixed in before serving.

Hominy Porridge.

$\frac{1}{2}$ lb. Hominy, 1 pint Milk, 1 oz. Butter.

Soak the hominy all night in 1 pint cold water, then cook for 1½ hours in a double pan with the water it was soaked in, also the milk. Just before serving stir in the butter. Serve with golden syrup

Potage Creme d'Orge.

When made as directed is a peculiarly nice Soup.

Put 2 ozs. of butter into a stewpan with a small piece of onion chopped finely; let the butter melt on the stove, add 2 tablespoonfuls of Robinson's "Patent" Barley mixed into a smooth paste with a little cold milk to the consistency of cream. Add a quart of white stock made from chicken or veal. Stir well on the stove until it boils and let it simmer for $\frac{1}{2}$ hour. Then beat up the yolks of 3 eggs with $\frac{1}{2}$ pint of cream; add a little of the cold cream to the boiling soup—carefully stir in the eggs and remainder of the cream, and put it back on the stove. Stir it until it thickens, but do not let it boil or it will curdle. Strain and serve with something green in it or shredded celery that has been cooked in stock.

Spinach Colouring.

$\frac{1}{2}$ lb. Spinach, $\frac{1}{2}$ teaspoonful Salt, $\frac{1}{2}$ teacupful Water.

Wash spinach and pick stalks off. Put in enamelled pan with water and salt. Cover closely, and boil 10 minutes. Press juice out through hair sieve, and then strain through muslin. This is a simple way to prepare green colour for jellies, and the spinach is quite good for the table.

To Dry Herbs.

Gather on a dry day, and just before they flower. Cut off roots and free from dust, and, if necessary, wash them. Put them some distance from the fire or in a slow oven or in the sun till dry and crisp, but not brown. Pull all the leaves off, and rub them through a coarse sieve, and bottle for use, or tie in bunches by the stems, and hang up till dry; then put in paper bag for use.

Mushrooms may be dried slowly in same way and rubbed through sieve. Excellent for adding to soups and stews.

To Keep Eggs.

Be sure they are fresh. If possible have them rubbed over with butter whenever laid. Place them points down in a stone jar and pour over them the following brine, which is enough for 150:—1 pint slackened lime, 1 pint salt, 2 oz. cream of tartar, and 4 gallons water. Boil all together 10 minutes. Skim, and when cold pour over the eggs

carefully. They can also be kept in salt, tightly packed but not touching. If buttered the day they are laid (to close the pores of the egg) they may be merely placed in egg-boxes and tied up, or put into racks for the purpose. They must be kept on end.

To Use up Dry Bread.

Brown in oven every scrap that is left, but don't scorch. Roll while hot and crisp, and sift. Use the fine crumbs for croquettes, &c., the coarser for puddings, &c. Keep dry in glass jars or tin cans.

To Sweeten Rancid Butter.

Melt the butter and skim it. Then put into it a piece of toast free from burn. In a few minutes it will lose its offensive taste and smell, which the toast has absorbed.

To Keep Food Hot.

Instead of putting food into the oven to keep hot for late comers, try covering it closely with a tin or plate, and setting it over a saucepan of hot water. This plan will keep the food hot, and at the same time prevent it from drying.

Vanilla Pods

have a much better flavour than the essence. Stir the pod among the substance to be flavoured till it has enough, then wash pod in 2 or 3 waters, and dry for future use. Will last a long time.

To Keep a Larder Sweet.

Place a pan of charcoal in it, for it helps greatly to keep everything sweet and wholesome.

To Test Tinned Vegetables.

Open the tin and plunge into its contents a bright steel knife. Let it remain a few moments, when, if copper be present, even in the most minute proportion, it will be visibly deposited on the blade. This is an unfailing test.

Management of Gas Stove.

With proper proportion of gas and air it burns blue. It then gives more heat, and is cheaper than when it lights back and burns white, and also keeps pans cleaner. Wait till it burns red for toast. Close and open oven door gently, especially when tap is low.

Furniture Polish (1).

6 oz. Bees' Wax, 2 oz. White Wax, 2 oz. Castile Soap, 2 pints Turpentine, 2 pints Boiling Water.

Take a large jar, set it on the range, and shred the wax and soap into it. Stir till melted, and add the boiling water and turpentine. Remove from the fire, and stir occasionally until it is quite cold, when it should be like very thick cream. It can be kept in the jar, but if you have old pickle bottles it is better to pour it into them when still warm, and occasionally stir until quite cold. It will keep for years, and is better old than new.

Before polishing furniture, wash it with clean, cold water, and polish with new chamois leather. Oak or varnish paint, same way.

A very useful recipe for brightening up furniture is made of the following:—1 gill raw linseed oil, $\frac{1}{2}$ gill turpentine. Mix well together. A duster, moistened with this, and a dry soft cloth to finish, will make furniture shine like new.

Furniture Polish (2).

Equal proportions of linseed oil, turpentine, vinegar, and spirits of wine. Shake well before using.

Brass Polish.

1 oz. Black Soap, 1 oz. Rock Ammonia, 1 oz. Rottenstone. Mix well together in 1 gill of boiling water.

Household Ammonia.

2 oz. Soft Soap, 1 oz. Pearl Ashes, 40 oz. Liquid Ammonia, 60 oz. Water. Dissolve soap and pearl ashes in water, and add ammonia.

Ammonia Soap.

Cut up 1 lb. white soap finely. Pour over 8 quarts boiling water. When quite melted and nearly cold, add 2 tablespoonfuls turpentine and 2 gills liquid ammonia. Stir well and cover at once. Keep closely covered.

Home-made Soap.

4½ pints of Water, 6 lbs. of Fat (any kind), and 3 lbs. Black American Ashes.

Boil $\frac{1}{2}$ hour. Stand 24 hours. Then boil 10 minutes, stirring occasionally.

Soft Soap.

1 lb. stone potash to every lb. of fat. (12 lbs. of each will make 1 barrel of soft soap.) Crush potash in small pieces. Put in a large kettle with 2 gallons water and boil till dissolved. Then add the fat, and, when melted, pour all into a tight barrel. Fill it up with boiling water, and for a week stir daily for 5 or 10 minutes. It will gradually become like jelly.

To Make Hard Water Soft.

Dissolve in 1 gallon boiling water 1½ lbs. washing soda and $\frac{1}{4}$ lb. borax. In washing clothes, allow $\frac{1}{4}$ cup of this to every gallon of water.

To Cure a Sheepskin.

Rub skin well with two handfuls salt and $\frac{1}{2}$ lb. pounded alum. Take one-half of skin first; roll it up and let it lie for three days. Take some chalk and spread it over, and rub well with a sandy stone. Repeat on remainder of skin with rest of salt and alum, &c. Nail it up on door of outhouse or airy place to dry thoroughly, and afterwards wash it with soap and tepid water.

Facts about Salt.

It is wonderful how many things salt may be used for. It is a capital remedy for rheumatism if taken regularly in a glass of cold water before breakfast. A nightly gargle of salt and water strengthens a weak throat, and keeps off bronchitis. When eaten with nuts it aids digestion, and it will relieve heartburn if taken in cold water. It is also a good thing for burns, and for stings of bees, wasps, &c.; if a thick plaster of wet salt is tied on the place it will take the pain out. If the chimney gets on fire throw salt on the fire. If there has been anything burnt in the oven throw salt in, and it will take all smell away. When soot drops on the carpet throw salt on it, and then sweep it up. If salt is thrown on a carpet before sweeping, the colours will be brighter. If it is rubbed on silver, china, or earthenware, it will take stains of tea, eggs, burns, &c., off. If applied at once it will take

but ink stains. In washing coloured clothes, if a handful is put in the water the colour will neither run nor fade. If used in frosty weather on doorsteps, bricks, &c., it fills the place of ashes, and is much cleaner. Among its many uses it will kill weeds on gravel walks.

Damp Beds.

To ascertain if beds are damp, place a looking-glass between the sheets for a few minutes. If upon its removal the glass be clouded, it may be relied on that the sheets are not sufficiently dried, and they had better be removed, for it is better to put up with the discomfort of sleeping in the blankets than to stand the chance of catching cold or perhaps rheumatism.

Chimney on Fire.

To extinguish fire in chimney, shut the door and window of the room, throw a few handfuls of salt on the burning soot in the chimney, then sprinkle a handful of sulphur on the fire, and immediately pin a cloth saturated with water over the front of the fireplace.

To Waterproof Cloth, Coats, Cloaks, Shawls, &c.

Dissolve 2 oz. sugar of lead in 2 quarts of water. In another vessel dissolve 2 oz. alum in 2 quarts of water. When they are both dissolved pour one into the other, and stir them with a stick until they are well mixed. Then let the mixture settle, and when a white deposit is formed at the bottom, pour off gently the clear liquid into another vessel, leaving the deposit behind.

Put the cloth or garment into the clear liquid, and leave it there to soak for some hours, turn it over a few times before taking out, and then hang it up to dry.

Polish for Ladies' Boots.

Mix equal proportions of sweet oil, vinegar, and treacle, and 1 oz. lamp black. When all the ingredients are thoroughly incorporated, rub on boots and place them in a cool place to dry.

Brunswick Black for Grates.

1 lb. Common Asphaltum, $\frac{1}{2}$ pint Linseed Oil, 1 quart Oil of Turpentine.

Melt the asphaltum and add gradually to it the other ingredients. Apply with a small painter's brush, and leave grates to become dry.

Polish for Steel.

1 tablespoonful turpentine and 1 do. sweet oil. Mix and stir in sufficient emery powder to make mixture the thickness of cream. Put on steel with soft flannel, rub off quickly with another piece, and then polish with emery powder and a clean leather.

To Clean Bottles.

Discolourations, and green marks from vegetation, &c., may be removed from bottles thus:—Put into the bottle a raw potato cut into small pieces, with a tablespoonful of salt and twice that amount of water; shake well until the stains are removed, then rinse in clear water. Stains of all kinds may be removed by rinsing the bottles first with muriatic acid (spirits of salt) and afterwards with clear water.

LAUNDRY WORK.

Washing and Starching of Collars & Cuffs.

It has been my privilege to know many economical and thrifty housekeepers, and I have discovered that most of them, after varied experience, prefer, if possible, to have the washing and dressing of their linen done under their own supervision. The clothes, they say, are always a better colour, and do not wear out so quickly when done at home. The only objection in many cases is that the dressing of the starched linen is not so effectually done as that by a professional laundress. In the few following remarks I hope to describe a simple method which, if carefully carried out, will enable any of my readers to get up her linen so as to look almost like new.—MARGARET C. RANKINE, Liverpool.

The Washing of Starched Linen.

Before touching upon the method of starching and ironing, let me give a few important hints concerning the washing of starched linen. First of all it ought to be steeped in cold water to soften thoroughly the old starch, so that it may be easily removed by washing. This is of considerable importance, as much rubbing tends to wear out the fabric. The linen should then be washed well in hot water with hard soap until all starch has been rubbed out, then rinsed before boiling, to keep the water in the boiler clean, boiling being done to improve the colour of clothes. When opportunity affords, the linen, after boiling, should be taken out of the soapy water and put in the open air for a few hours to bleach. Sunshine is the best bleaching agent. It must then be rinsed in a good supply of clean water and slightly blued, and thoroughly dried, when it is ready for starching.

Hot Water Starch.

1 tablespoonful Starch to 2 tablespoonfuls Cold Water.

Break starch down with this water. It is better to put in too little water than too much, as you can add a little, and you cannot make good starch with too much water in it. See that there are no lumps, and take starch over to the kettle to be sure water is absolutely boiling, and pour in the boiling water till starch is blue and clear, stirring well all the time.

A piece of soap the size of a marble may be added when making starch, and starch stirred till soap is thoroughly dissolved. Gives a lovely gloss and prevents iron sticking.

Recipe for Cold Water Starch.

1 tablespoonful of Starch, 1 breakfastcupful of Cold Water, $\frac{1}{2}$ teaspoonful of Turpentine, 1 small teaspoonful of Borax (dissolved in hot water).

If too much turpentine were added it would scorch linen.

Method of making Starch.

Put the starch, turpentine, and a little of the water into a clean basin, and mix to a smooth paste. Add the remainder of the water, then the borax, carefully keeping back any sediment that may be at the bottom of the cup. Mix, and the starch is ready to use.

As collars and cuffs are usually made very stiff, it is necessary to use cold water starch as a stiffening agent. The foregoing is a reliable recipe, and if the proportions are carefully measured, especially those of starch and water, there will not be the slightest difficulty in making the linen look very nice indeed.

Another Cold Water Starch.

6 tablespoonfuls Cold Water Starch.

Mix smooth in a little water; smooth it out with hand (better than spoon). Add water gradually till quite thin and milky. Put in small bowl 1 teaspoonful turpentine, about $1\frac{1}{2}$ inch lump borax, a lump of ammonia about the size of two beans, and a little starch glaze. Pour teacupful thoroughly boiling water over this, and thoroughly melt while hot. Add to cold water starch. Ammonia keeps iron from sticking. Starch keeps any length of time if well covered up. Cover bowl over with double paper, and put plate on top.

Starch made with boiling water will keep a fortnight without cover on top; if a dessertspoonful of salt is added to starch before mixing.

Method of Starching.

Dip the collars and cuffs, two or three at a time, into the starch, and rub them well between the hands, so that the grains of starch may enter into the inner folds of linen; wring out, and straighten them on a clean cloth, and roll up tightly and put on one side for a short time, until the ironing table is prepared. For this is required a piece of clean woollen material to cover the table (an old blanket is very useful for this purpose), a length of clean calico, or an old sheet to cover the blanket; an iron stand and ironholder, which should be oblong in shape, with the corners rounded off; and covered with calico; a duster to rub the irons on; a small basin with clean water; and a piece of clean rag.

Method of Ironing.

Place the collars one at a time on the table and rub the right side and the wrong with a damp rag to take off any surface starch. Stretch the stitching at the edges of the collar, and regulate the fulness by passing the hand over the linen, then iron lightly on both sides (wrong side first), then heavily on right side until smooth. Iron till dry, lifting the iron now and again to let steam escape. When dry, it should balance across the finger. On no account pull the collar in front of the iron, as that will draw it out of shape. If the collar is a turn-over one, it ought to be bent into shape while warm, as the linen is less likely to crack than when cold. To iron an Eton collar, iron band first, till quite dry, then collar.

Method of Polishing.

If a high gloss is desired, it is necessary to have a hard surface under the linen. The collars can be placed on a clean board for the purpose, or on a corner of the ironing table with the blanket removed. Dip the damping rag into clean water, squeeze out tightly, and rub the right side of the linen firmly until an even dampness is obtained. Then with the heel of a clean hot glossing iron rub lightly at first over the surface of the linen, then heavily until the gloss becomes even. The toe of the iron is sometimes used to give a finishing touch to parts that the heel has missed around the edge of the collar.

Before Airing.

The collars should be turned into shape before airing. Put them on the table wrong side up, pass the iron over them, and turn the collars, one at a time, after the hot iron. Place them in front of a good fire to air—this adds to the stiffness.

NOTE.—All irons used for starched linen must be quite clean and hot. Dirty irons make bad work, and cool irons leave brown marks.

Gum Starch.

Pound 2 oz. fine white gum arabic to powder, put it in a jug and pour over it $1\frac{1}{2}$ pint boiling water; cover the jug, and let it remain all night; on the following morning pour the liquid carefully from the dregs into a clean bottle, cork it and keep for use. A tablespoonful stirred into a pint of starch made in the usual manner will give a splendid gloss to linen.

Soap Jelly.

Collect all odd pieces of soap in clean jar. Add yellow soap cut in small bits to make 4 oz. in all. Add 1 quart cold water. Put in oven till quite melted. When cold it will be a thin jelly. Covered up, it will keep any time. Add sufficient to the washing water to make a lather.

Laundry Glazing Secret.

Starch in cold starch and iron damp. Next dip piece flannel in some French chalk and rub smoothly on each article, after which a piece of white curd soap is rubbed over the chalk. Finally, the articles are ironed on the right side only with a moderately hot iron, and when finished have the appearance of new articles.

Woollen Undergarment Washing.

The only effects of rubbing are to shrink and destroy the material, so use as little friction as possible. All articles should be first shaken, then turned inside out. If coloured, a very little salt or a few drops of vitriol will prevent the dye running. For white flannel add a tablespoonful ammonia to first water and less to second water. Ammonia fades coloured flannels.

Make a strong lather in warm water, and wash the garment in it, drawing it repeatedly through the hand; then in a second

soapy water, hot as hands can bear. Lastly, rinse well in hot water slightly blued. Put 4 times through the wringer and shake well to raise the pile, which makes flannels warmer to wear. While the things are drying, they should be repeatedly (but gently) pulled in every direction. When about half dry, fold evenly and mangle well, then dry thoroughly. In winter, flannels are best dried by the fire, or better still, on the pulleys. They should not be allowed to lie in water, nor left lying wet.

To Wash Flannel or Flannelette

So that they may not shrink, stir 1 tablespoonful of ammonia into a gallon of very hot water, also some soap previously boiled. Put in the clothes, and press under the water with a stick; cover the vessel closely, and let it stand for one hour, when the dirt will almost drop out of the flannels. Rinse well in hot water, and hang out quickly. This method is specially good for white flannel.

To Wash Red Flannel.

Wash in same manner as white, except to the last water add vitriol, in proportion of 1 teaspoonful to 3 gallons of water; this fixes the colour. Salt may be used, one large handful to about 2 gallons of water, but it has the drawback of making the flannel absorb moisture.

To Shrink Flannel.

Before making up, soak for a night in cold water, then wring out of warm water in which a little soap has been dissolved.

To Wash New Blankets.

Soak for some hours in cold water, to which two or three handfuls of salt have been added. Wring well, and you will then have no difficulty in washing in the usual manner. If washed right off in hot water the first time, that tends to set the sulphur in the blankets, and turn them black. Select, if possible, a day with a good breeze for washing.

To Wash Muslin Blouses.

Begin and finish right off, as muslin thickens if left long wet. Swill well in cold water to get rid of dust, and squeeze dry. Don't wring, or you will stretch and break the muslin. Knead in warm, soapy lather till clean. Then put in pan with cold water softened with soap and borax, and, if white muslin, boil 10 minutes. Rinse in warm water, then cold, then in light blue water, and while still wet, starch in clean starch made as follows:—1 tablespoonful starch mixed smooth in 2 tablespoonsfuls cold water. Pour over 1½ pints boiling water, stirring rapidly all the time. Starch when cooled a little, squeeze dry as possible, place in clean cloth, roll well with rolling-pin to absorb any superfluous starch, and iron. For blue and mauve muslins, add 1 tablespoonful vinegar to 1 quart rinsing water. For yellow muslins, add 1 teaspoonful methylated spirits to 1 quart rinsing water. For black and white muslins, green or red, use 1 tablespoonful salt to each gallon of rinsing water. Faded colours in muslins are restored by steeping in alum and water (½ oz. to each quart) for about 2 hours.

To Wash Laces and Fine Muslins.

After soaking them all night in cold water, squeeze (do not wring) out of water. Prepare a lather of soap mixture and tepid water, in proportion of 1 pint of the mixture to 1 gallon of water. Shake laces, &c., well in this, and let them soak for a few hours. Squeeze out and rinse first in warm water, then in several cold waters, some blue being in the last.

To Clean White Lace.

Roll it round an earthen jar, and stiteh the ends together so that it shall not come unfastened. When all the laee is rolled put the jar on a plate, so that the lace will not burn when placed at the bottom of a saucepan, and cover the jar entirely with soap and water. Let this boil for some time, adding water from time to time. When the cleaning appears to be done, take out the jar and place it in a basin full of clean tepid water, whieh ehangre repeatedly. When the water on rinsing is perfectly clear, take out the jar and allow the laee to dry in some place seeure against dust, without touehing it. If it is desired to give a yellow tint to the lace, plunge it, while still moist, in a deeoetion of tea, saffron, lime leaves or camomile, aecording to the shade of yellow required. If it requires to be stiffened it should be put, while still moist, in a weak solution of gum arabic. Laee should be ironed on the reverse side, on a board eovered with some soft substanee, with a piece of fine linen over it. By this means, when the designs are in relief, as in guipure, they are not crushed.

Excellent Starch for Laces, &c.

Mix a small quantity of cornflour smoothly with cold water to proper eonsistency.

To Wash Prints, &c.

Wash quickly and well in two soapy waters, but do not rub soap on them. Into the clean eold rinsing water put a few drops of vitriol, just sufficient to make it taste a little tart. This fastens all eolours *except black*, but blaek it fades. For blaek prints use salt in the rinsing water, or a little spirits of turpentine. Dry in the shade. Do not wash in too hot water, dip into hot starch, nor iron with too hot iron. When colours are very delicate, wash in bran and water, instead of soap and water. Pour $\frac{1}{2}$ gallon boiling water on $\frac{1}{2}$ lb. bran ; let it stand for some hours, then strain, and use lukewarm, without soap. Shake articles about, do not rub. Never dry coloured blouses in the sun or by the fire. Wash in tepid lather, only knead and squeeze. Rinse in eold water, and don't use hot iron.

Wash crewel work and embroidery with the bran and water. The bran gives suffieient stiffness without stareh.

To Wash Holland Dresses.

After washing put some strong tea in the rinsing water.

To Wash Silk Handkerchiefs.

Soak in cold water $\frac{1}{2}$ hour. If coloured, put a little salt in the water. Rub hems and folds in warm lather, not in the usual way, but in the palms of hands as you would rub a ball of flour. Repeat, then rinse in several waters till no soap remains. If this is not at-

tended to, silk will be cloudy. Then add 1 tablespoonful methylated spirits to a bowl of cold rinsing water, shake well, and iron while wet, first, with cloth over. If white silk is inclined to turn yellow, let it lie, after washing in cold water, for a little. Then finish off, adding a little blue and methylated spirit to rinsing water.

To Wash Chamois Leather.

Put first into tepid water, then in two different soapy lathers. Wash by drawing through forefinger and thumb. Don't rinse. Shake, and dry quickly, pulling often when drying, to soften.

To Wash Shetland Shawls.

Squeeze them in two soapy lathers. To the rinsing water add thick-mado starch in proportion of 1 tablespoonful of starch to 1½ gallons of water and a little blue. Do not wring, but squeeze. Fold in towel, beat with hands till nearly dry, lay a sheet on floor, cut four equal picces of tape exact size of shawl, pin those on sheet where four sides of shawl should come to and pin out carefully through the tape to sheet. Loave till dry.

To Wash Stockings.

Shako woll. Soak in lukewarm water and soap jelly (no ammonia) for $\frac{1}{2}$ hour to removo the dust. This makes them require much less rubbing. (It is a good plan to cover over tub with an old blanket to keep in heat and prevent shrinking.) Place next in lukewarm wator and soap jelly, and soap will be required to rub on the dirty parts. Take the side part of the foot and lay it over tho hands and rub with soap. Stockings nearly always dirty, so require to be rubbed. Now, put hand inside and rub soles same way, and, lastly, wash log by squeezing. Turn stocking out for second washing, by squeezing only, and put through wringer, too first. Rinse in two lukewarm waters, putting through wringer each time. Put 4 times through wringer and shako well, and hang up by toes.

To Wash Black Stockings.

To every two gallons of lukewarm water add a handful of salt and 1 tablespoonful vinegar. Do not forget to shake before washing. Blue the rinsing water to prevent them turning green. Never put blue and vinegar into one water, as the one countoracts the other.

To Wash Silk Stockings (Coloured or Black).

Wash with warm bran water (no soap). (See rccipe for washing prints). Squeeze, don't wring, and dry in the shade.

To Wash Black Materials.

Make a lather by adding a tablecspoonful of soap jelly, and two levcl teaspoonfuls of powdered borax to a gallon of water of about 110 degs. Work the material up and down in this, drawing it through your hands, but not rubbing it. - Rinse in two lots of clear lukewarm water, and hang in the shade (without wringing) till nearly dry. Pull each piece into shape when hanging on the line. Iron on the wrong side when nearly dry, and continue ironing till quite dry.

For other woollen articles, such as children's dresses, shawls, &c., where there are green or other fancy colours, add to your soap jelly $\frac{1}{2}$ gill of spirits of turpentine, and a tablespoonful of spirits of harts-

horn; then thoroughly wash as quickly as possible; rinse in cold water with a little salt in it, and dry quickly. If this is done carefully, the colours will remain quite fresh.

Handkerchiefs.

Cambric handkerchiefs should be well soaked in tepid water for 2 hours, then squeezed out to a pan of water, to every gallon of which an ounce of shredded soap and a small tablespoonful of paraffin are added. Boil 20 minutes and rinse in clear cold water, and again in blue water. Pass through wringer, but don't twist. Spread smoothly between the folds of a towel and roll up tightly. Iron in a few hours, while still damp. A little arrowroot, in a muslin bag and placed in the water in which handkerchiefs are boiled (using no paraffin), will give them a faint and agreeable perfume when ironed). If borax is added to the rinsing water, they will be slightly stiff, without being hard.

To Wash Sashes and Ribbons, &c.

Squeeze in warm soapy lather (not hot) till clean, then rinse in warm water, then in cold, to which 1 tablespoonful salt and same of vinegar has been added. This is to preserve the colour. Squeeze tightly, fold evenly, and roll in a clean cloth. Beat well between the hands, and iron at once with moderately hot iron under muslin.

Never soak coloured silks, but wash and iron as expeditiously as possible to prevent colour going. If wanted slightly stiff, put 1 teaspoonful prepared gum water to each $\frac{1}{2}$ pint rinsing water, or dissolve a little gum arabic the size of a walnut in the quart of rinsing water. Ribbons treated so will look equal to new.

White cotton gloves wash beautifully and do not shrink. Put them on the hands, and wash them as if you were washing your hands; use cold water, and rinse well. Put them in a clean, dry towel, and pass them twice through the wringer, and finish drying in the air or by the fire.

Wash white woollen gloves in soapy lather, to which a little ammonia is added. Rinse in warm water. Put in clean cloth, and pass through mangle. Don't dry near fire, but in a warm place.

Rice is an excellent thing to clean white woollen dresses and coats. Take a clean cloth, dip it in dry ground rice, and thoroughly rub it over every soiled part, using a fresh piece of the cloth as often as it becomes at all soiled. End the process with a good shaking, when the garment should look like new.

Spirits of wine rubbed on a white leather belt with a clean cloth will remove all stains.

To Iron Blouses.

First, iron trimmings, then collar and cuffs, then yoke, then body, beginning with button side of front and with top placed at the left hand. Iron from bottom to top, right across blouse. Lastly, iron sleeves.

To Restore Yellow Linen.

Linen garments which have become yellow may be whitened by being boiled in a lather made of milk and pure white soap, a pound of the latter to a gallon of the former. After the boiling, rinse linen twice, a little blue in last water.

To Remove Mildew.

Moisten soft soap and starch with the juice of a lemon. Spread this paste over mildew, lay out and bleach, afterwards wash. If it fails the first time, repeat, or boil $\frac{1}{2}$ hour in butter-milk.

For Scorched Linen.

It is said that when linens are badly scorched the spot can be removed if treated in the following manner:—Extract the juice from two peeled onions, and add half an ounce of white castile soap, cut in small pieces, and two ounces of fuller's earth. Mix them together, and then stir in one cup of vinegar. Stand the vessel over the fire, and let its contents thoroughly boil. When the mixture has become cool, spread it over the scorched linen and let it dry upon the cloth. When well dried wash out the linen.

A SIMPLER METHOD.

If a short bosom, or any other article, has unfortunately been scorched in ironing, lay it where the bright sunshine will fall straight on it. It will take it entirely out, leaving it clean and white as before.

To Remove Iron Mould from Linen.

Rub thoroughly the affected part with lemon juice, then expose to the sun until the stain disappears. If one application is not sufficient, repeat the process until the mould disappears.

To Remove Medicine Stains from Sheets.

Before washing lay on paste made from fuller's earth and ammonia. Leave till dry, then directly wash the part in a basin of cold water, when stain will come quite out.

Chloride of Lime Bleaching Liquid

Will remove all stains from linen. Pour boiling water on chloride of lime in proportion of 1 gallon to $\frac{1}{4}$ lb. Bottle it, cork it tightly, and in using the liquid be careful not to stir it.

Washing Blue.

3d Chinese Blue, 1d Oxalic Acid.

Put these in a bottle, add boiling water to fill the bottle, and allow to stand all night. Add 3 more bottles of water to this.

To Wash Clothes in Paraffin Soap.

Cut down $\frac{1}{2}$ lb. paraffin soap and put it into a boiler of water to melt. Rub the clothes well out of the soda water, in which they have been previously soaked, put them into the boiler and let them boil for $\frac{1}{2}$ hour, then put them into a tub with plenty of cold water; wash them thoroughly, rinse in blue water, and dry.

To Render Children's Clothes Uninflammable.

To 3 parts of dry starch add 1 part tungstate of soda, and use in ordinary way.

If material does not require starching dissolve 1 lb. of the same in 2 gallons water. Well saturate the fabric and dry. Will not injure colour, nor will ironing affect it.

1 oz. of alum added to rinsing water will make clothes practically uninflammable—would only smoulder very slowly, never burst into flame.

Laundry Hints.

On Ironing Day, try standing on a soft thick rug, and note if it will not prevent the feet becoming so tired as they would otherwise be. The irons must be perfectly clean. Have a little brick dust or sand on a piece of stout brown paper in a box to rub them on, being particular that points and sides of iron are clean. Iron first on the wrong side, then on the right. A thickly-folded blanket, and sheet over, should be used, pinned tightly down at corners of table.

Collect all odd ends of candles and place them between an old duster. Clean the iron on it before using, and you will find the iron go over the things as smoothly as you could possibly wish. This is especially useful for starched articles. Clean rusty irons with soft soap and bathbrick. If irons are to be put away for some time rub over with tallow or mutton fat to keep out the moisture, and wrap in newspaper which has been toasted in the oven.

An iron-holder should be round in shape, and the inter-lining should be of leather. Old gloves or pieces of wash-leather should be saved for this purpose. The tops of worn-out boots or shoes make excellent iron-holders.

Always, if possible, iron coarse articles, such as towels, before the starched things; as no matter how clean they are kept, the irons will work better after being used a short time.

Never let irons get red-hot, or hang about on range. Spoils temper, and they will never afterwards retain heat so well.

When starching any article finished with a fringe gather the fringe tightly in the hand, and dip the material only in the starch. When dry shake thoroughly, and either beat the fringe on the edge of a table, or brush with a nail brush.

Clothes-pegs and clothes-lines, if boiled for a few minutes and dried quickly once a month, will last much longer. Always boil new lines 10 minutes before using.

Care of the Wringer.—Do not fail to oil the wringer pretty frequently. If oiled often there is less wear on the machinery and less strength is expended by the operator. To clean the rollers rub them first with a cloth saturated with kerosene oil, and follow with soap and water. Loosen the rollers before putting the wringer away. Do not wring out of water above ordinary washing temperature. Wear rollers equally by wringing large articles in centre and small articles at each side. Fold buttons inside.

To prevent the blue in clothes from looking patchy it is a wise plan to make a quart or two of water a good deep blue, and from that pour into the blueing-tub until one has the required tint.

Hands that have been in hot soda water and become shrunken and soft, will become smooth and natural again if rubbed with ordinary kitchen salt.

A good clothes pin bag is made out of a rough towel. Turn up enough to make a bag, stitch each side into position, run tape across top, tie it round waist like apron, and you have always pins beside you.

Wear large apron of white oil-cloth while washing—saves wetting and soiling dress.

Always wear a shawl round shoulders when going to hang out clothes.

THINGS WORTH KNOWING AND REMEMBERING.

A Breakfast-Table Barometer.

A cup of hot coffee is an unfailing barometer, if you allow a lump of sugar to drop to the bottom of the cup and watch the air bubbles arise without disturbing the coffee. If the bubbles collect in the middle, the weather will be fine; if they adhere to the cup, forming a ring, it will either rain or snow; and if the bubbles separate without assuming any fixed position, changeable weather may be expected.

To loosen Articles that have become Fixed

If Tumblers become fixed, tap gently round with another tumbler, and like magic they will come apart. If a glass stopper is fixed, tap round it with another, and it will be loosened. If two flower-pots are fixed, tap with another flower-pot. If two iron screws, tap with piece of iron, and so on. You will always have the same result. The rule is, tap each article with one of similar kind.

To Take Bruises out of Furniture.

Wet the part with warm water. Double a piece of brown paper six times thick. Soak it and lay it on the place. Apply on that a hot flat iron until the moisture is evaporated. If the bruise has not gone, repeat the process till the dent or bruise is raised level with the surface.

To Remove Ink Stains from Linen.

Cut lemon, squeeze its juice at once upon place stained. Then rub with yellow soap and rinse in cold water. Effect almost magical, but must be done at once. If stain has been in linen or cotton some time, salts of lemon will erase stain. Wet part, stretch over bowl, rub salts over briskly, and rinse quickly. Another way:—When ink is spilled on linen, try dipping in pure melted tallow. The hot tallow seems to absorb the ink, and after washing stain will be found to have disappeared.

To Remove Ink on the Carpet, &c.

Throw a quantity of salt on it, which will quickly absorb the ink. Take this up and put on more salt. Keep repeating, rubbing salt well into the ink spot, until ink is all taken up by the salt. Then brush the salt out of the carpet.

Or, take up as much of the ink as possible with spoon or blotting paper. Pour cold sweet milk upon the spot, and take up with a spoon until the milk is only faintly tinged with ink, then wash with cold water and wipe dry.

Ink spilled on woollen covers may be taken out, if washed at once in cold water. Change the water often, till stain is gone. Stains on cotton goods need salts of lemon melted in boiling water. For marking ink stains use chloride of lime and vinegar.

Ink stains on printed leaves of books may be renovated by a solution of oxalic acid in water.

BLACKLEAD STAINS on carpets can be got rid of if covered with a paste of fuller's earth and water and a little ammonia added. Leave

the paste to dry, and then brush off. If the stain has not entirely disappeared repeat the process.

All kinds of carpets quickly cleaned if rubbed over with a flannel with a good lather of Sunlight soap and then rinsed with ammonia and water, the water being changed frequently.

Candle-grease spots can be removed either by placing blotting paper on spot and holding a hot iron over it, or, if the mark is but a small one, by putting a match to it as close as possible, without burning the material.

Dry flour rubbed on a carpet and allowed to remain on for some hours will absorb grease and oil, if any has been spilt by accident, or make a paste, with boiling water, of equal parts of fuller's earth and magnesia, and while hot lay this over the spots. Let it remain until dry, then brush off, and you will find that the grease will have disappeared.

To remove stains of grease, &c., from clothing, pour 1 pint boiling water over 50 laurel leaves. Cover and stand for 3 days. Strain and bottle (taking care to label bottle "Poison.") Rub well into stained parts. This is a capital plan.

Coal-tar is removed with butter.

An excellent paste for removing grease or soiled spots is made of 1 dessertspoonful pearline and a cup of hot water. Rub it together well, and let it boil for a few minutes. Pour it into a small jar, and keep it at hand for emergencies. Unequalled for cleaning greasy coat collars, &c.

To remove grease spots or paint stains from cotton or woollen goods, sponge with turpentine. If the stain is fresh it will disappear at once; if it is of long standing, saturate the part, and let it remain for several hours, then rub off the paint. To remove paint from a wooden surface, soak with spirits of turpentine, and rub off with pumice stone.

Carbonate of soda will generally remove the most obstinate mud-stains. Rub with cloth or flannel, then press well on wrong side with iron.

To prevent cloth being spotted by rain, wipe away the wet from nap of cloth as soon as possible, using silk handkerchief or soft brush or sponge. Will be found free from spots and smooth.

To remove coffee stains from delicate material brush the spot with pure glycerine, rinse in lukewarm water, and press on the wrong side.

Hot tea and coffee stains removed by soaking in cold water. Wring, spread out, and pour a few drops of glycerine on. Stand several hours, then wash with cold water and soap.

For cocoa and chocolate stains wash with soap in tepid water.

Tea, coffee, chocolate, and fruit stains in table-cloth may be completely removed, if done at once. Place stain tightly over large basin and pour boiling water over the mark till it has gone. When nearly dry, press with an iron, and no trace of accident will remain.

A lump of sugar put in the tea-pot will prevent tea staining damask, however fine, over which it may be spilled.

To remove rust stains, rub with dry bran before wetting, or lay

stained part on flat plate and dip piece flannel in solution of oxalic acid. Rub stain rapidly, then rinse thoroughly to remove acid.

To take paint out of clothing, take equal parts ammonia and turpentine. Saturate spots two or three times, then wash in soap suds.

Gravy makes an ugly grease-spot on a tablecloth, and this may be removed with powdered French chalk. Rub it on both sides of the spot and lay the cloth away. It will absorb the grease and leave the cloth spotless.

Remove grease marks on pages of books by sponging with benzine, placing page between two sheets of blotting paper, and pressing with a hot iron.

Kerosene removes ink-stains and fresh paint, while nothing takes blood-stains out better than cold soap-suds, to which a little kerosene has been added.

Blood-stains on silk, satins, &c., can be easily removed by making a thick paste of starch and water and covering the stain with it. Leave till quite dry, and then brush the starch off with a soft brush, and all traces of blood will have gone and no harm will be done the material.

Use soda water for washing anything greasy. The alkali turns the grease to soap which will do its own cleaning.

Ink-Stains on Wood.

For ink-stains on furniture add six drops of nitre to a teaspoonful of water, and apply it to the stain with a feather. If the wood is polished, rub with sweet oil immediately after. If the stain does not yield to the first application, make it stronger, and repeat the process. To renovate tops of writing tables and leather chairs, sponge lightly with warm soap suds, and then wipe off with whites of eggs whipped stiff.

To Clean Furs, Tapestry, &c.

Warm bran in oven. Rub well into fur several times. Shake and brush free from dust. Rub light furs with magnesia.

Stains on the Hands

will disappear at once if rubbed with fresh lemon juice. The refuse that has been left over from cooking will be quite sufficient for this purpose if lemon is not at hand; a little flour of mustard will do equally well. The stains that appear so readily when peeling onions may be altogether prevented by cleaning that vegetable under water.

To remove whitewash marks from floors, furniture, and windows, apply a small quantity of paraffin on a soft cloth. The stains will disappear completely, and this does not injure the most delicate paint.

The white spots that appear on mahogany when a hot dish has been placed on it may be greatly improved by rubbing with kerosene.

Kitchen Tables and Shelves.

You will be able to keep these very white and clean if you have this mixture used for scouring them:— $\frac{1}{2}$ lb. of sand, $\frac{1}{2}$ lb. of soft soap, $\frac{1}{4}$ lb. of lime. Work all well together into a paste. Put this on the scrubbing brush, then wash it off with plenty of clean water.

To Absorb Damp in a Cupboard.

Fill a small box with lime, and place upon a shelf. This will result in the air in the cupboard being kept both dry and sweet.

Lamps.

Clean lamps early in the day, then turn wick down. Clean daily, or flame may dance and flicker. Keep burner very clean, rubbing off burnt oil with emery from time to time. Fill lamps 3 parts full only, and use good oil. It is false economy to use cheap paraffin, which gives an inferior light, smells badly, dirties the lamp, and is decidedly dangerous.

In lighting lamp, turn up flame gradually. To extinguish lamp, turn flame down till it begins to flicker, then give a sharp puff across top of funnel. Never refill lamp while lighted.

Every now and then the lamp needs a thorough cleansing. The oil should be carefully emptied away, so as to leave any dregs in the bottom. This may be put into a bottle, and can be kept for stable, coach-house, or other purposes. When the lamp has been well washed in soda water and dried thoroughly the other oil can be poured back again, and added to, till the reservoir is almost full. Before putting on the brass part that holds the globe and chimney, this too must be freed from all impurities, and all pieces of charred wick turned out from the edge; the air holes and burners must be kept clear and open. It will then be found that the lamp will burn clearly, giving out a bright, white light.

Cut lamp wicks very occasionally.—Instead of cutting, the burnt part should be rubbed with a soft piece of rag until it is even with the burner. When a wick is a trifle tight for its tube and will not move up and down easily, draw out one or two of the threads from one side.

To prevent new lamp wicks from smoking, soak them thoroughly in vinegar before using, and let them dry before being put into the lamp. Wicks treated in this way seldom smoke, and give a clearer light than if put in as they are. A bit of camphor about as big as a small hazel nut put into the oil reservoir also improves the light.

To prevent lamp smelling be careful after filling to wipe any drops of oil off vessel. Turn wick below level of burner after cleaning. This prevents oil from running over edge of burner.

If a lamp smells or smokes, put a teaspoonful vinegar in lamp. Will cause clear light and prevent unpleasant odour and smoke.

To wash lamp chimneys, tear old newspapers in small pieces, dip into water which has a little ammonia dissolved in it, and wash the lamp chimneys. Just rinse, drain well, and polish with a leather.

Excellent lamp wicks may be made out of men's soft felt hats by cutting them into slips the width you want your wicks, and letting them soak in vinegar for a couple of hours, then drying them.

A pinch of salt put into the paraffin tin or cask will lessen the danger of explosion.

If a lamp gets overturned water will be of no use in extinguishing the flames. Earth, sand, ashes, or flour thrown on it will have the desired effect. Smother flame with a rug, &c., and shut all doors and windows.

To Wash Linoleum.

Take 1 oz. of fine glue size and dissolve it in a pint of hot water, stir with a stick till all is dissolved. Wash over linoleum with a

damp flannel. Then apply glue, &c., to the cleaned linoleum with a good piece of flannel. Do not tread on it till dry, and it will leave a nice polish, which lasts well with even the wear of a family. Or, clean with paraffin, putting 2 tablespoonfuls in the water it is washed with—no soap. Linoleum so treated will last well and retain its original colour.

Tiles, after washing, will keep clean much longer if wiped over with paraffin.

A Cheap Flour-Stain.

Permanganate of potash is a cheap and effectual stain for board floors. Add $\frac{1}{2}$ oz. of permanganate to a quart of water, and use this to paint over the floor, which must first have been thoroughly scrubbed and allowed to dry. Repeat the process if it is not as dark as you want it, and then let dry, and polish with bees' wax and turpentine.

To Clean Paint.

Squeeze clean cloth out of hot water, dip it in whiting, and with this rub the paint till all dirt is removed. Rinse well with clean water, dry with a soft cloth, and polish with a chamois leather. Paint cleaned in this way looks like new, and the whiting will not injure even the most delicate colours.

To remove the smell of paint, put a pail of water in the room and change it every few hours. The water will absorb the smell of the paint, but it will do the work more quickly if a sliced onion or lemon, a large piece of camphor or ammonia, or a handful of hay, be put into it.

For washing a varnished wall, a little melted glue, or dissolved glue size, put in the water, is a great improvement.

Cement for mending Hot Water Cans, leaks in Stoves, Kettles, or Iron Articles.

Mix equal quantities of glycerine and litharge (oxide of lead) to the consistency of thick cream. It resists the action of hot or cold water, and almost any degree of heat. Only mix a little at a time, very thick, more like putty than cream. Let the article when mended harden for a week before using.

Glass.

New glass should never be used until treated so that it is rendered, as near as possible, unbreakable. Place tumblers, &c., in a large pan, pack them round with hay, and then fill with cold water. Add handful salt. Place the pot on the fire and then bring it slowly to boiling point. Then remove from the fire, and stand it aside until cold.

Broken glass or earthenware can be easily mended by this simple recipe. Tie broken edges together so that they will stay in place. Do not wash or wet them after they are broken, but put them in a flat kettle and cover with skim milk. Put kettle on fire and let simmer for 2 hours or more. Then remove, and when cold take the ware out carefully and put it on one side for a month, when it will be ready for use.

How to Make a splendid Substitute for Glue.

Take a small piece of cold potato, which has been boiled, and rub it up and down a piece of paper with your fingers for about five

minutes. It will become the right consistency and stick as well as the strongest glue.

How to Keep away Moths, &c.

Take 1 oz. of each of the following:—Cloves, nutmeg, mace, caraway-seeds, cinnamon, and Tonquin beans, and 6 oz. orris-root; grind to a powder, mix thoroughly, and put in muslin bags, which store amongst your clothes. Besides imparting a delicious fragrance, these help to keep away moths.

OR,

Place lumps of napthaline, or whole cloves, among your blankets, or furs, &c.

How to make Half a Ton of Coals go as far as 15 Hundredweight.

Place a quantity of chalk in the grates. Once heated, this is practically inexhaustible from combustion, and gives out great heat. Place the chalk at the back of each of your fires in nearly equal proportions with the coal. Full satisfaction will be felt both as to the cheerfulness and as to the warmth of the fire, and the saving throughout the winter will be at the rate of 25 per cent.

Another way to economise coal.—Take old newspapers, about eight at a time, and roll them up as tightly as possible, binding the ends of the roll with wire to prevent it coming undone, and place on the fire. These rolls burn like coal, and give out a good heat. The wire can be used over and over again.

To save coals, leave slide at top of range a little open; will have more heat and great saving of coals.

A Sewing Machine Secret, &c.

Take out the screw that holds the foot-plate, remove it, and you will be surprised at the amount of fluff accumulated there. Clean the little grooves and under the whole of the plate with a penknife (the needle must be taken out before the work is begun). You will often find this is the only cause for the machine running hard and not carrying the work.

When working with machine on crape or any other flimsy material, by placing a piece of paper underneath, it will be found to prevent it stretching.

Yellow stains left by machine oil on white material may be removed by rubbing the spot with a cloth wet with ammonia before washing with soap.

Flannel should not be used in needle-books for sticking needles into, as flannel is often prepared with sulphur, which will rust the needles. A piece of fine linen or chamois leather is better.

In making sleeves of children's dresses, make quite full and long enough to turn a hem and gather at wrist. When too short, rip out the hem and gather into a cuff.

Test for Bad Water.

Buy 1 oz. of saturated solution of permanganate of potash. If, when a drop of this is added to a tumbler of water, its colour changes to brown, it is unfit to drink. If it remains clear or slightly rose-coloured after an hour it is, broadly speaking, safe. This test should

always be applied when sore throats are prevalent, or diphtheria or typhoid is in a house.

Mixture for Destroying Flies &c.

1 pint infusion of quassia, 4 oz. moist sugar, and 1 oz. pepper. Mix well and stand about in saucers. A little turpentine sprinkled among the clothes or put about the closets will make moths flee, and exterminate cockroaches. It will take spots out of muslin, and if a tablespoonful be added to a boilerful of clothes it will whiten them much. It is good for a cut or burn.

Fly Papers.

1 oz. Resin, 1 oz. Castor Oil; add a few drops Honey and a small piece Bees'-Wax.

Melt together, and spread on firm papers. Try a little first, to see if proper consistency, when cool. If not hard enough, add a trifle more resin.

Cleaning Hints.

OLD BRASS may be cleaned to look like new by pouring strong ammonia on it, scrubbing with a scrubbing brush, and then rinsing in clear water.

CHASED BRASS Goods, such as are generally known as Bonares work, are easily cleaned in this way: Wash in hot soap and water, and dry thoroughly. Cut a lemon in half, and with it rub the brass. When it looks clean, rinse in warm water, dry, and then polish well with a chamois leather. Chased work should never be cleaned with any kind of powder.

To CLEAN MARBLE WASHSTANDS.—Take 2 ounces of washing soda, 1 of powdered puinice-stone, and 1 of powdered chalk. Pound together, and then pass through a sieve. Take some of the powder and make it into a paste with cold water, rub it well over the surface of the marble, and leave 24 hours, wash off with soap and water.

To CLEAN OXIDISED SILVER.—Dip a rag in saturated solution of sulphato of soda and rub. Silver will be clean in a few seconds.

SCOUR badly-stained KNIVES by dipping raw potato in bath-brick.

To CLEAN KNIVES.—Mix a tiny bit of carbonato of soda with bath-brick. They will polish more easily.

To REVIVE AND PRESERVE LEATHER.—1 part best vinegar, 2 parts boiled linsced. Bottle and shake till like cream. Apply with soft rag, and polish with very soft duster. Cleans leather, softens, and prevents it cracking.

CLEAN COPPER KETTLES with a cut lemon dipped in salt. Rinse with clean water, and polish with soft cloth.

Wash alabaster figures with borax and water, allowing $\frac{1}{2}$ oz. borax to 1 pint water. Dry carefully with old piece of soft silk.

Wash brushes and brooms every 6 weeks in mixture of 2 tablespoonfuls ammonia to $\frac{1}{2}$ gallon of water. Let the bristles stand $\frac{1}{2}$ hour in the water. Rinse thoroughly and hang in cool place to dry. Always keep them hanging on nail, so that bristles do not touch the floor.

Magic Polishing Cloth.

Take one gallon gasolene, two pounds whiting, and half an ounce oleio acid; mix and shake up well. Pieces of woollen cloth soaked in this mixture, wrung out, and hung up to dry are said to put a fine

gloss on any polished surface, silver-ware, &c.; and although the cloths may become soiled and dirty with constant use, they will never dirty the hands of the user, or lose their polishing power. A word of warning may be added as to the danger of using gasolene anywhere near a naked light or fireplace. It is obvious, therefore, that the cloths should be dried in the open air; once dried, of course, there will be no further danger.

Various Remedies.

ONION JUICE is one of the most effective remedies for earache. Wrap a large onion in heavy wrapping paper, wet it thoroughly, and roast in the coals. When tender, strip off the skin and squeeze out the juice by twisting in a thin cloth. Bottle and save for use. When needed, pour one or two drops in a spoon, warm a little, and drop into the ear. Afterwards put in a bit of warm cotton to exclude the air. It rarely, if ever, fails to effect a speedy cure.

IVY LEAVES CURE FOR CORNS.—The ordinary climbing ivy furnishes a very inexpensive and easily obtainable remedy. Take a few of the leaves (say about a dozen), saturate for about three days in strong vinegar sufficient to cover them. The leaves may be laid on as a plaster before putting the stockings on in the morning, or the solution may be used as a paint with a camel's-hair pencil. For hot, tired feet, try a little Paterson's Clensel in bath water. Relieves wonderfully.

CURE FOR TOOTHACHE.—It is said that equal quantities of cayenne and common pepper mixed with vinegar is a certain cure. The tooth should be plugged with a pill of the mixture.

LARD AND CAMPHOR are excellent remedies for a cold in the head or tightness of the chest, causing hard breathing. Soften a little fresh lard near the fire, and stir into it an equal amount of camphor. Pour into a tin salve box or open-mouthed bottle, and cool as rapidly as possible, beating all the time, that the camphor may be thoroughly incorporated with the lard, else the latter will settle to the bottom, and the camphor remain on the top. If one's head be "stopped up," rub all about nose, as well as forehead and temples. If a little be rubbed or snuffed up the nostrils it will be all the better. For tightness in chest rub thoroughly on throat and chest, and only a few applications will be needed to effect a cure.

MUTTON SUET is an excellent remedy for dry lips and chapped hands. Render it down, run into cakes, and use nightly. If you use M'Clinton's Barilla Ash Soap, and dry the hands well, they will never chap. It is made from the ash of plants, and its mildness makes it par excellence a toilet soap.

If the hands have become chapped, fill a pair of old loose kid gloves with well-wrought lather of this soap, putting these on just when getting into bed, and wearing till morning. Doing this for two or three nights will cure chapped, or even the more painful "hacked," hands, where the outer skin has got hard and cracked down to the tender inner layer.—Dr Kirk.

AN EXCELLENT LOTION FOR THE HAIR.—1½ oz. acetic acid, 1 oz. spirits of rosemary, 1 oz. glycerine, 2 oz. Eau-de-Cologne, and 4 oz. rose-water.

HEALING PROPERTIES OF CHARCOAL.—Charcoal laid flat while

cold on a burn causes pain to abate immediately ; by leaving it on an hour the burn seems almost healed, when burn is superficial. Charcoal forms an unrivalled poultice for malignant wounds and sores, often corroding away the dead flesh, reducing it one quarter in 6 hours. In cases of proud flesh it is invaluable. It gives no disagreeable odour, corrodes no metals, hurts no texture, injures no colour, is a simple and safe sweetener and disinfectant. A teaspoonful charcoal in half a glass water often relieves a sick headache. It absorbs the gases and relieves the distended stomach by pressing against the nerves which extend from the stomach to the head. It relieves constipation, pains, or heartburn.

Borax.

1 proportion with 2 of honey or glycerine, good for sore throats or thrush.

1 teaspoonful in 1 pint warm water is a healing solution for sores, cuts, or wounds. Wash with the solution, then dip a soft linen rag in, squeeze and bind round.

1 teaspoonful added to washing water prevents rough skin and chapped hands, also good for flushing of face.

In laundry, makes collars, curtains, &c., beautifully white ; also splendid for washing flannels. Use 2 tablespoonfuls to 3 gallons water. Very little soap needed.

Add a little to water for kitchen towels, makes them a good colour, eradicates dirt and grease, acts as a disinfectant and softens the hands.

To wash black cashmere, add 2 teaspoonfuls to soapy lather. Rinse in very blue water.

Add teaspoonful to boiled starch.

Dissolve teaspoonful in 1 pint hot water to clean a sponge.

Pour a strong solution down drains and sinks.

Add a pinch to water silver and glass are washed in, removes marks and makes them glitter.

To remove fur from kettles, dissolve 2 teaspoonfuls in a kettle full of hot water. Let it boil $\frac{1}{4}$ hour, when fur will be loosened and may be thrown away.

Scatter equal parts borax and castor sugar mixed, about haunts of cockroaches, will disperse them like nothing else.

Dissolve tablespoonful in gallon hot water to wash hair. Cleanses scalp from dandruff, softens and brightens the hair.

Add a pinch in brewing tea, and to water green vegetables are boiled in ; makes them a much brighter colour.

Salads laid in cold water with a pinch of borax will be crisp and well-flavoured.

A strong solution sprayed on plants will exterminate green fly.

Antiseptic mouth-wash :—1 teaspoonful tincture of myrrh and $\frac{1}{2}$ teaspoonful spirits of camphor in a bottle. Dissolve 2 teaspoonfuls myrrh borax in a pint hot water and pour into the bottle with camphor and myrrh. Shake well and use in proportion of a tablespoonful to $\frac{1}{2}$ tumbler of water.

Uses of the Lemon.

An eminent London doctor writes :—Lemonade from juice of the lemon is one of the best and safest drinks for any person, whether in

health or not. It is suitable for all stomach diseases, gravel, liver complaint, inflammation of the bowels, and fever. It is a specific against worms and skin complaints. Lemon juice is the best antiscorbutic remedy known. It not only cures the disease, but prevents it. Sailors make daily use of it for this purpose. I advise every one to rub the gums with lemon juice to keep them in good condition. The hands and nails are kept clean, white, soft, and supple by the daily use of lemon instead of soap. A teaspoonful lemon juice in a cup of tepid water whitens the nails, and removes grease and dirt if fingers are dabbed in it. It also prevents chilblains. Rub hands well with slice of lemon after washing. A few drops of lemon juice will mitigate the pain of a bee sting. After bathing a corn or bunion in hot water, a few drops of lemon juice on the part will be found very soothing. Lemon is often used in intermittent fever, mixed with strong, hot black coffee, without sugar. Neuralgia and headache may be cured by rubbing the parts affected with cut lemon. It is valuable also to cure warts. If the hair be falling out and also to destroy dandruff rub the pulp of lemon on the scalp. It will alleviate and finally cure coughs and colds, and heal diseased lungs if boiled 2 minutes and taken hot on going to bed at night. Its uses are manifold, and the more we employ it externally the better we shall find ourselves. Lemon juice is good in removing tartar from the teeth, antifebrile, &c. A doctor in Rome is trying it experimentally in malarial fever with great success, and thinks it will in time supersede quinine.

EXTRACTS from Papers on HEALTH, by Prof. KIRK.

Bathing.—Cold baths, while greatly to be recommended for those who are strong, should not be taken by any one who does not feel invigorated by them. As every one should, if possible, bathe daily, the following method is worth knowing, as it combines all the advantages of hot and cold bathing:—Sponge all over with hot water and wash with M'Clinton's soap; then sponge all over with cold water. No chilliness will then be felt. Very weak persons may use tepid instead of cold water. These baths, taken every morning, will greatly tend to prevent a person catching cold.

Cold bathing in water that is HARD is a mistake, especially in bathing of infants. The skin under its influence becomes dry. Warm bathing and M'Clinton's soap will remedy this.

Bedsore.—There are cases in which the outer skin has been taken off by long lying, or wearing wet compresses for a long time. A large part of the body is reduced, as some would say, to "red flesh." In reality it is reduced to inner skin deprived of its outer layer. We have taken a few handfuls of well-wrought lather of M'Clinton's soap (prepared as if for shaving, but from toilet soap) and spread it as lightly as possible over their fiery surface. There was an instant change from severe distress to perfect comfort, and healing began at once. This treatment may be applied to any simple abrasions of the skin. Bedsores are not likely to occur if the skin is sponged daily with this mild soap and rubbed with rectified spirits of wine, to which a small piece of camphor has been added.

USEFUL TO KNOW IN SICK-NURSING.

Hot Sandbags.—Get some clean, fine sand, dry it thoroughly in a kettle or pan on the stove; make a bag about eight inches square of flannel, fill it with the dry sand, sew the opening carefully together, and cover the bag with cotton or linen cloth. This will prevent the sand from sifting out, and also enable you to heat the bag quickly by placing in the oven or on the top of the stove. After once using this you will never again attempt to warm the hands or the feet of a sick person with hot-water bottles. The sand holds the heat for a long time, and the bag can be tucked up to the back without hurting the invalid.

An agreeable method of changing the atmosphere in an invalid's room is to pour some Eau-de-Cologne into a soup plate, and with a lighted match set fire to it. The spirit will make a pretty flame, and impart a delightful refreshing odour to the air.

The best way to treat the eye with a cinder in it is to let that eye alone, and rub the other one.

If you shut your finger in a door or bruise it in any way, put it in water as hot as you can bear; in a few minutes change it for hotter, and keep it in water at least 15 minutes. If the foot is bruised take off the shoe and stocking and immerse it in hot water from 15 to 30 minutes, adding hot water often.

The juice of a lemon before breakfast will often cure a bilious headache; but no sugar must be taken with it.

In severe paroxysms of coughing a tablespoonful of glycerine in a glass of hot milk will give almost instantaneous relief.

Three strawberry leaves, eaten green, are said to be an unfailing and immediate cure for summer complaints, diarrhoea and dysentery.

An application of brown paper steeped in vinegar is an old-fashioned remedy for "a cold in the chest," a sore throat, or a bruise. It owes its efficacy to the heat-retaining properties of the paper. Papor (thick brown) stitched between the lining and cloth of a waistcoat or in the back of a thin coat will render it warm, as well as light. If the poor only knew this, they would stitch strong sheets of thick paper to back of old quilts and thus render their families more comfortable, because better protected from the bitter weather.

A good remedy for a cold is to spread a piece of brown paper with pig's lard, then sprinkle sulphur over, and wear over chest.

If a mustard poultice or plaster be mixed with vinegar, instead of water, all risk of a chill is avoided. If the white of an egg is used to mix it, it will not blister the tenderest skin, and may be applied to infants.

A sure and simple cure for hiccough is to drink half a teaspoonful of vinegar; and keep your arms in an upright position for a minute or so afterwards, or until you feel it no longer necessary to keep them in that position.

To remove fish bones from the throat, suck a lemon, which dissolves the mineral part of the bone and makes it quite flexible. Another way is to swallow a raw egg immediately. To drink water is useless.

Cold tea-leaves bound on a burn take out the fire at once.

Make smelling salts by breaking 1d rock ammonia into rather

small pieces to fill the bottle. Then cover with either lavender water or Eau-de-Cologne.

Milk is said to be more digestible if shaken. (May place a cup over the tumbler.) This is because of the admixture of air.

Wash tube of baby's bottle with piece of tape (white) and a bodkin. Bristles are liable to come out of brush.

Blisters should not be cut open, but a white cotton thread should be passed through to drain them.

Oranges eaten the first thing in the morning will often cure dyspepsia, or grapes can be substituted for oranges.

Nothing is better for heartburn than a quarter of a teaspoonful of baking soda mixed in a little sour milk, and taking it will give instant relief.

If a child receives a blow causing a bruise immediately smear a small lump of fresh butter on the part affected, and renew it every five minutes for some time. Olive oil may be used if fresh butter is not at hand.

For a tight hoarse cough, sip hot water often. This will give immediate relief. A little lemon juice may be added to water.

For Hoarseness.—A good remedy is to bake a lemon as you would an apple. Squeeze a little of the thickened juice (heated always) over lumps of sugar and take frequently. Borax is also excellent for loss of voice.

People who suffer from perspiring feet will be benefited by bathing them with warm water (not hot), to which a little ammonia is added. When dry, dust them over with a little boracic powder.

For freckles and sunburn, 2d elder flower water and a tablespoonful white rose perfume. Dab over and all skin blemishes will quickly disappear.

Burns, Scalds, and Insect Bites.

A simple and efficacious remedy for these is always at hand, but not sufficiently known. It is treacle. If the burn be on the extremities, take a sufficient quantity of treacle to plunge the affected part in it. Where this is not practicable, apply a piece of cotton wool saturated in the syrup to the burn, and tie it over loosely with a bandage. Raw onions, pounded and applied to burns, will give immediate relief. Bites of insects will be greatly relieved by touching the spot with a drop of ammonia. It neutralises the poison, and consequently soothes the pain. The pain caused by insect bites will also be relieved by putting a little damp salt over the part affected and binding it round tightly with a bandage.

COLD WATER AS A PURIFIER.

Much is talked nowadays of the good of the various disinfectants that science has brought forward in the last few years. In straining after new ideas we are apt to overlook many good and simple remedies. Fresh cold water is a powerful absorbent of gases, therefore it should be greatly used in a sick room, or in one which cannot be frequently ventilated. A bowl of cold water, kept in such a room and changed daily, is of great assistance in purifying the air. This, of course, shows that water which has stood in a close apartment is thoroughly unfit for drinking purposes. A bowl of water changed daily, placed

under a patient's bed, is a great preventive of bed sores, and also keeps the patient in better health generally. A vessel of cold water placed near the head of a restless sleeper will give quiet and relief.

1 oz. of alum added to rinsing water will make clothes practically uninflammable—would only smoulder very slowly, never burst into flame.

Care of the Hot-Water Bag.

These are not cheap things to buy, and are rather easily put out of order ; but this, in nine cases out of ten, is from carelessness, or not taking proper care of the bag. The reason of an indiarubber bag sticking is that it has been put away for the summer months with no air in it. When not using a bag, drain out the water, let it hang bottom side up for a while, then take it down and blow a little air into it, just enough to keep the inside from coming together, as it would if no air were in ; in which case the bag is quite sure to be ruined in pulling it apart. If you happen to have a bag in this condition, put into it some hot water with a few drops of ammonia ; let it remain a few minutes, then, with a thin, dull-edged piece of wood, try to separate the adhering sides very carefully. In preparing the hot-water bag for use, quite boiling water should not be put into it, and neither should it be more than half filled. After the water is in it, before putting in the stopper, carefully press out the steam. This makes the bag softer, as it is relieved of the pressure the steam makes. Never fold a rubber bag after it has once been used. A flannel bag for covering the rubber is very useful, and very easily made, and saves many a burn from contact with the hot bag.

A book that should be in every home is Prof. Kirk's Papers on Health. Accidents will happen, and reliable information, acted on promptly, would save many a life, and the simple common-sense advice on such subjects as Indigestion, Constipation, Rheumatism, Diet, etc., etc., would save a world of suffering.

The letters that come to the editor of this book from all over the world show the blessing Dr Kirk's advice has brought to thousands. New illustrated edition, 3s ; from all booksellers.

Simple and Painless Way to Extract Splinter.

Nearly fill wide-mouthed bottle with hot water. Place injured part over mouth of bottle and press slightly.

How to get off a tight Ring.

Thread a needle, flat in the eye, with a strong thread, pass the head of the needle with care under the ring, and pull the thread through a few inches towards the hand. Wrap the long end of the thread tightly round the finger, regularly, all down towards the nail to reduce its size, then lay hold of the short end and unwind it. The thread repassing against the ring will gradually remove it from the finger. This never-failing method will remove the tightest ring without difficulty, however much swollen the finger may be.

USEFUL TO REMEMBER IN COOKING.

A Useful Hint.

Most people understand that the placing of a marble in a kettle prevents furring, but very few seem to know that a large clean marble boiled in milk, porridge, custards, sauces, or stews will automatically do the stirring, as the liquid cooks. Any chance of burning will be prevented, and thus the fatigue of constantly stirring, and the cook's time, can be saved, as by this means the cook can be attending to several things at once, instead of having to give her whole time and attention to one.

A little cornflour added to the salt in the salt-cellar will prevent it hardening. $\frac{1}{2}$ teaspoonful of cornflour to 2 tablespoonfuls of salt will be enough. A pinch of salt added to mustard prevents it souring.

If soup, gravy, or vegetable is too salt, stir a little coarse sugar in, and the dish becomes palatable again.

A little cedar powder sprinkled on the top of the kitchen stove, while cooking is going on, will prevent the smell of food spreading to other parts of the house.

If, when using lemon for flavouring, you only need half of one, put the other half on a plate and cover with a glass tumbler. This excludes the air, and prevents it from drying up or getting mouldy.

To keep lemons fresh and juicy keep in a cool place in a bowl of cold water. Leave plenty room for lemons to float easily in the bowl. When boiling rice, a few drops of lemon-juice or vinegar added to the water makes rice beautifully white and helps to separate grains.

Nutmegs may be tested by pricking with a pin, and if they are good the oil will instantly spread around the puncture.

In using cloves for pickles or preserves, the blossom end should be removed, as it darkens the liquid. It will spoil the colour of red cabbage.

When plates and dishes have to be warmed on oven top or in oven, if a newspaper is put underneath, it will break the heat and prevent plates from cracking.

Dried orange peel will revive a low fire at once, placed among coals. Useful for sick-room—no noise and pleasant perfume.

Keep potato peelings, for, after being dried in the oven, they are very useful for lighting fires. They may be used instead of wood, and will make a fire burn up very quickly.

Never throw away the wooden skewers which come with joints from the butcher, but have them washed and kept in a kitchen drawer. They are useful in cleaning paint, to help the flannel into the niches and corners.

When plates or dishes are burnt after baking, they can be easily cleaned by rubbing with a damp cloth dipped in salt.

For burnt enamel pans, take a piece fine emery, damp it, and rub pan well. It does not need hard rubbing, as marks come out easily. Rinse pan well in cold water.

Flour sprinkled on burning oil will at once extinguish it.

When a fire is at its lowest, place a cork under the hot cinders, put a match to it, and it will immediately revive it.

A lump of soda laid upon the sink-pipe down which waste water passes will prevent the clogging of the pipe with grease.

Chloride of lime is an infallible preventive of rats. It should be put down their holes and spread about wherever they are likely to appear.

If the cook has the misfortune to spill grease on the kitchen table, she may save herself a great deal of trouble by sprinkling the stain at once with coarse salt; this prevents the grease from sinking into the wood; or, if spilled on the floor, dash cold water over it, so as to harden it quickly, and prevent it sinking into the boards.

Prepare new baking tins by placing in oven with thick layer of bran in them until bran is quite dry. Puddings, etc., will then never stick.

To prevent the hands being burnt when dishing up Christmas puddings, put the hand repeatedly into cold water before handling the basin, and it will not be burnt. Do the same when using hot starch.

Persons of sedentary and quiet occupations and habits, with much brain work, require food light and easily digested, avoiding all indigestible and very concentrated foods (e.g., cheese), which are more suitable for manual work.

Average Loss of Weight in Meats during Cooking.

Grilled,	about	10	per cent.
Fried,	„	15	„
Steamed,	„	15	„
Boiled,	„	20	„
Baked,	„	25	„
Stewed,	„	17 to 20	„
Roasted,	„	30	„

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USEFUL TO KNOW IN HOUSE-KEEPING.

For ventilation, open your windows both at top and bottom. The fresh air rushes in one way, while the foul makes its exit the other. This is letting in your friend and expelling your enemy.

Bees' wax and salt mixed will make a rusty flat iron as smooth as glass.

To remove rust from fire irons, rub over with plenty of linseed oil, and let it soak in for three days. Then wipe off, and polish with finely powdered, unslaked lime till the rust disappears. If to be laid by for a time, smear freely with vaseline.

Emery powder will remove ordinary stains from white ivory knife handles.

To Cement Loosened Knife Handles at Home.—Mix 4 parts resin, 1 part bees' wax, and 1 part plaster of Paris. Fill hole in handle with cement, then heat steel of handle nearly red-hot, and press it firmly into the cement.

Scatter a mixture of borax and powdered sugar about the haunts of cockroaches, and they will disappear. Or pour a strong solution of alum in boiling water over their happy hunting-ground.

Clusters of cloves hung up in rooms and allowed to dry will drive away flies better than fly papers.

Soak a tooth-brush overnight in a glass of water, and it will prevent hairs coming out, and last twice as long.

Sometimes a looking-glass loses "the grip," and will not stay in position, the screw behind being useless. Tie a coloured ribbon round the middle of a cork, and hang it at the side. Place it in proper position between glass and stand, and your trouble is at an end.

To stop a leak, mix whiting and yellow soap into a thick paste with a little water. Apply this to the place where the leakage is, and it will be instantly stopped. A visit from the plumber will still be necessary, but there is no special hurry for more radical repairs.

Corks may be made air-tight and water-tight by being immersed in oil for 5 minutes. A cork will fit any bottle if boiled for 5 minutes previously.

A convenient substitute for a corkscrew when the latter is not at hand may be found in the use of a common screw, with an attached string to pull out the cork.

White paper should not be used for wrapping round articles that are to be put away, for the chloride of lime in it will destroy the colour of the fabric. Yellowish or blue paper is far the best for that purpose.

Hot liquid may be poured with safety into any glass vessel by holding it up in the hand and not allowing it to rest on the table.

Newspapers laid smoothly inside dresses folded for packing will prevent creases.

A package or envelope sealed with white of egg cannot be steamed open.

To keep away insects from birds' cages, suspend a small bag of sulphur inside.

A lump of camphor (price 1d) in the chest where silver is kept,

will keep it free from tarnish ; or rub a little olive oil over it. When needed, wash in warm soap water and dry thoroughly.

Wash silver ornaments in borax and water.

To clean gold jewellery with the stones in, wash in warm suds, made with yellow soap, with 10 or 15 drops of sal-volatile in it. This makes jewellery very brilliant.

When replacing stoppers in bottles, give them a twist round, and they will never stick.

Egg-shells crushed into small bits, and shaken well in water bottles, etc., three parts filled with cold water, will not only clean them thoroughly, but make the glass look like new.

Glass bottles which have contained oil are very difficult to clean ; but if they are required for any other purpose, try the following :— Fill the bottle with ashes, and place it in cold water, which heat gradually till it boils. Let it boil half an hour, then let the bottle remain in the water till cold. Then wash with soap-suds, rinsing in clear water.

A candle may be made to fit any candlestick by dipping it in very hot water.

Use squeezed lemons for cleaning brasses and dish covers. Put a pinch of whiting on article to be cleaned, and rub well in, using lemon as a sponge. You will be surprised to see how much dirt comes away with little trouble, and articles will keep longer clean.

To clean inside of candle-stick, tin or enamel, fill with boiling water. Don't allow to stand, but pour off and well dry.

To preserve old furniture that is becoming worm-eaten, pour a little carbolic oil on to it, and rub well in. This will improve its appearance.

To Clean Leather Chairs.—Mix 1 part vinegar with 2 parts boiled linseed oil. Shake well. Apply sparingly, and polish well.

Clean dirty chair covers by rubbing with hot bran.

Steel ornaments on range can be made to shine like silver by rubbing with vinegar.

A teaspoonful of ammonia in a basin of warm water will make hair-brushes beautifully white, but care must be taken not to let the back dip below the surface.

Clean hair-brushes when afraid to wet backs by rubbing thoroughly with flour, and, when quite clean, remove all traces of flour with dry towel. This also prevents bristles becoming soft.

Clean old leather bags by dipping a sponge in warm water in which a little oxalic acid has been dissolved.

Shoes that have become stiff and uncomfortable by being worn in the rain, or that have been lying unused for some time, can be made soft and pliable by vaseline well rubbed in with a cloth, and rubbed off with a dry one.

If new boots won't polish, rub over with half a lemon and leave till thoroughly dry. Repeat once or twice if necessary.

Boots and shoes, however damp, will polish in a few minutes if a drop or two of paraffin oil be added to the blacking. It prevents the leather from cracking.

Varnish the soles of your boots, and it will render them impervious to damp, and will also make them last longer.

A good mud brush for boots is made by gluing a strip of Brussels carpet to a convenient sized piece of wood. No injury to leather, and less dust and labour than brush.

To clean brown shoes, first rub them with a soft cloth dipped in methylated spirit; this will remove all stains and keep them a good colour. Then put the brown boot-cream on, and leave it on for a day or so without polishing. Finally, brush the shoes with a soft brush, and they will be much improved.

To blacken brown boots. Take a raw potato and cut in halves. Rub over boots well. Then rub blacking well in. Result will be so satisfactory it will be difficult to say boots were not always black.

Vaseline makes good dressing for brown shoes.

Clean patent boots with milk, or a little sweet oil may be rubbed in.

Mix 1 spoonful sweet oil and 2 spoonfuls of black ink, and apply with sponge to boots, black kid gloves, bags, and rusty book covers.

Soles for boots or shoes cut from old felt hats are most comfortable.

If a boot or shoe pinches in any particular part, a cloth wrung out of very hot water and laid over the place while the boot is on the foot will expand the leather and give relief.

Cat trimming, rusty and limp, may be made equal to new by mixing equal parts vinegar and water to cover, and letting it remain in basin 20 minutes. Remove, and leave to dry.

Books which have had the leaves torn are best mended by pasting a piece of tissue paper over the entire page. The print is then visible through it.

To frost windows. Dissolve some Epsom salts in hot water and make it strong as possible. Then wash it over the glass while hot with a brush.

To Keep Moths out of Drawers.

Mix together equal parts of oil of cedar, oil of cajeput, oil of cloves. Put a little of this on a bit of flannel and thoroughly rub the inside of the drawers with it. In course of time the wood will acquire a pleasant spicy scent, and moths will not go near them. Little bits of paper or anything else may be moistened with the oil and put amongst the clothes. Of course the oil should not be allowed to come into actual contact with silks or things that could be marked by it, and it must be remembered that everything should be well shaken before it is put away, as the oil will not kill moths or destroy their eggs if they are already there.

For Green Fly on Geraniums.

Apply 2 oz. soft soap, stirred into 1 gallon boiling water.

Coffee grounds, cold tea, and tea-leaves are excellent for mixing with the earth in flower-pots, especially for ferns.

To Preserve Flowers.

Add a spoonful of powdered charcoal to the water in which they are placed, and the flowers will last as long as though they were still on the plant without any need of changing the water; or dissolve a small piece of camphor in the water.

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I have been often asked to name a cheap, concise, and reliable cookery book. There are so many books on the market all claiming to be the only one that I have never been able to make any choice in the matter, and I have thought it better to let my readers join in the cookery book gamble and spend a few shillings in the purchase of experience. Just lately, however, a cookery book has been brought to my notice which seems so admirably suited for a home of moderate income that I think I do a service to my readers by mentioning it. It is called "Tried Favourites"; the recipes it contains are all eminently practical, the instructions are given in the most simple and unmistakable language, and, while variety is the aim of the book throughout, the needs of the middle-class home may be said to be its keynotes.—FRANCES, in "T.P.'S WEEKLY."

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